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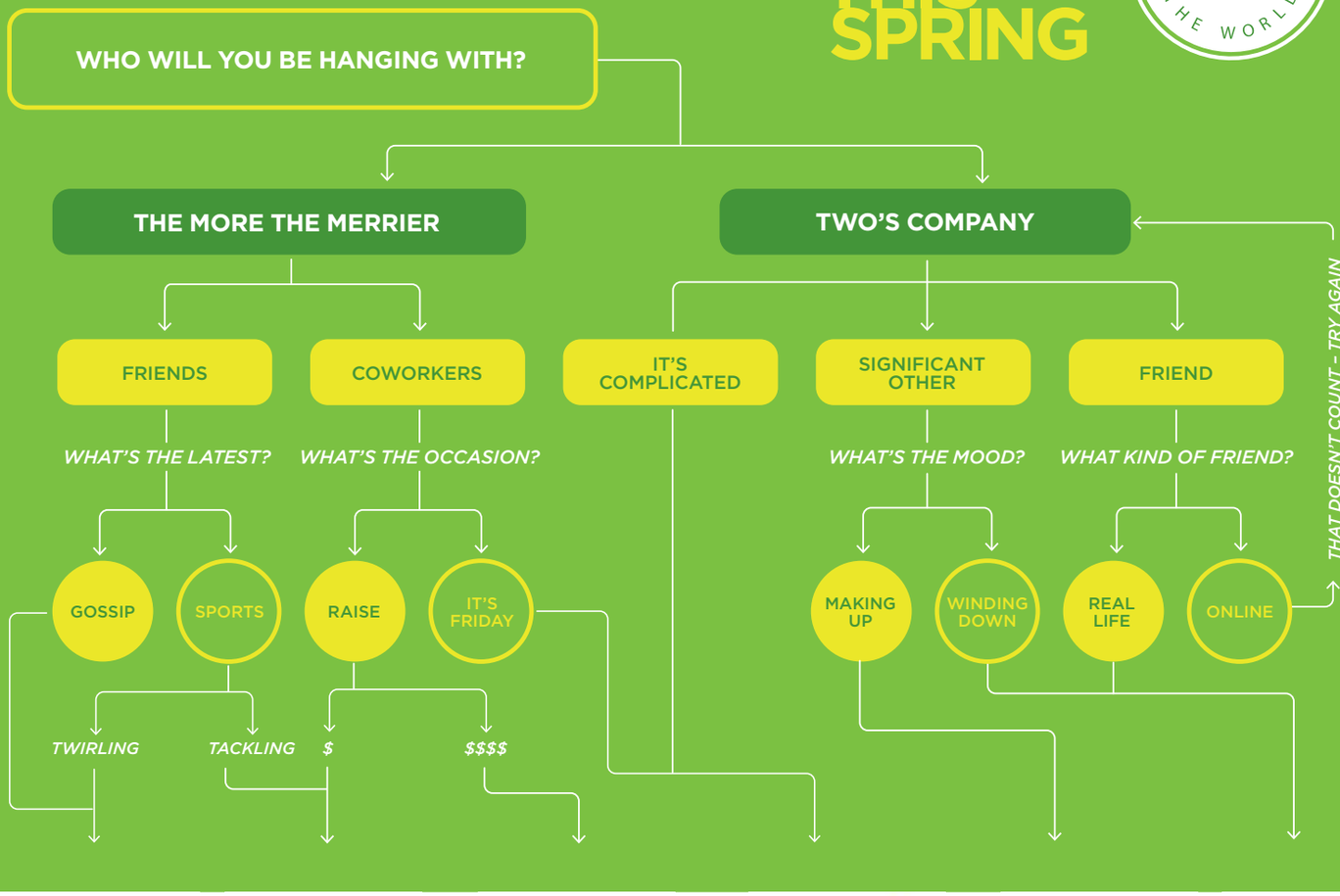

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PG. 36

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What holds the universe together

Scientists from particle physics lab near Geneva say they think they may have found footprint evidence of dark matter PAGE 13

HER OWN KIND OF FEMINIST

Beyoncé shrugs off criticism over calling her new tour the Mrs. Sean Carter show PAGE 21

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Sgt. Steven Desjourdy, centre with purple tie, steps outside the courthouse on Wednesday with his lawyer Vince Clifford after being found not guilty of sexual assault. JOE LOFARO/METRO

Officer acquitted, but not unscathed

Steven Desjourdy. Sex assault trial ends with applause over not guilty verdict, but harsh words from judge over officer's treatment of prisoner

JOE LOFARO
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A loud burst of applause filled the lower level of the Ottawa courthouse Wednesday as more than a dozen police officers congratulated Sgt. Steven Desjourdy for being acquitted of sexual assault against a female prisoner.

The case, as Justice Tim Lipson said before delivering the not guilty verdict to a packed courtroom, garnered significant public interest after a video recording of the complainant's strip search was publicized.

The woman, who cannot be named due to a publication ban, was arrested Sept. 6, 2008 for public intoxication. Lipson said in his ruling the woman's arrest constituted a "serious violation" of her Charter rights.

"It seems to me the more likely reason for this arrest was that (the woman) had the temerity to challenge the officer's decision to stop and investigate," Lipson said.

He also slammed Desjourdy, who was in charge of the cell block at the time, for his conduct after he removed her bra and shirt so that her upper body could be searched for contraband.

Despite the judge's opinion that there was no sexual context to Desjourdy's actions, "there is no plausible reason offered by any of the police officers that justified leaving (the complainant) in her cell topless and in soiled pants for over three hours," said Lipson.

Lipson went on to say Desjourdy's conduct was "a departure" from strip search guidelines, but he said it was done in, "the least intrusive way." Lipson found that the search was not "unreasonable, excessive, or abusive."

The Crown argued Desjourdy removed the prisoner's clothing to punish and humiliate her for mule kicking a female special constable, but Lipson found the Crown did not prove that argument beyond a reasonable doubt.

Outside the courthouse one of Desjourdy's lawyers, Vince Clifford, was interrupted by hecklers who shouted "Shame" and "No justice, no peace." Desjourdy did not provide comment.

"We commend Justice Lipson's acquittal of Steven Desjourdy," said Clifford, who was flanked by Ottawa Police Association president Matt Skof. "Our client is pleased and happy to put the stigma of facing a sexual assault charge behind him and also put the stress of facing a criminal trial behind him."

The Ottawa Police Service said in a statement Desjourdy still faces a discreditable conduct charge stemming from an external Ontario Provincial Police investigation in 2010. The charge was stayed at the request of the Crown during the criminal trial.

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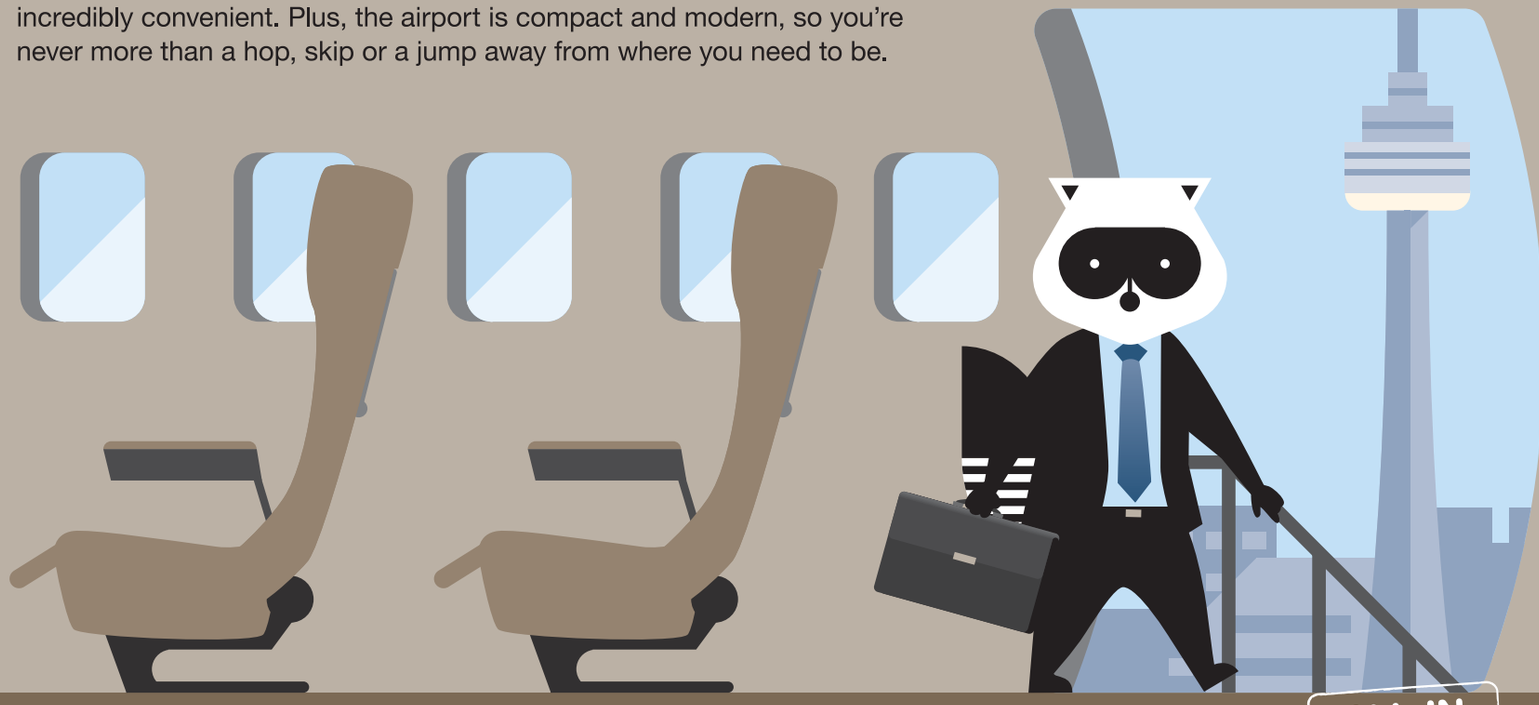

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Date-rape lyric prompts Rick Ross concert boycott

Bad influence?
Protesters say lyric promotes unsafe environment for students

GRAHAM LANKTREE
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Controversy around the date-rape lyrics in a new single by rapper Rick Ross has spilled onto the campuses of Ottawa's universities with a boycott of his student-funded performance on April 9, yet some say student leaders aren't taking the issue seriously.

"I don't blame CUSA for inviting him, he's a popular rapper, but since he released the song, we think he shouldn't be performing," said former Carleton student Kira-Lynn Ferderber of the reaction from the Carleton University Students' Association to the outcry against the rapper.

So far the Facebook page organized by Ferderber against the show has garnered 1,112 signatures. The song features Ross rapping on the track U.O.E.N.O., released mid-February. "Put Molly all in her champagne, she ain't even know it. I took her home and I enjoyed that, she ain't even know it," Ross sings. The term "molly" refers to a pure form of the drug MDMA.

Ross said in an interview on New Orleans' Q93.3 radio station that "there was a misunderstanding with the lyric, a misinterpretation." He says the term "rape" was never used and it's not something condoned by him, his camp or hip hop in general. Ferderber, however, says the meaning is clear.

"Rick Ross's defence is 'I didn't call it rape.' We know what it is. He doesn't need to use the word," she said.

On March 28, Carleton's student association reacted to the controversy two days after the Student Federation of the University of Ottawa pulled out of Pandemonium, the April 9 show at the Ernst and Young Centre where the rapper is appearing. Pandemonium is an annual event which has been organized by the two university groups since 2007.

"We are now in the process of looking into selling off the remainder of the tickets back to the organizers," CUSA president Alex Golovko wrote in a release. "We would like to reaffirm our stance that we consider the lyrics in question to be repulsive and uncharacteristic of the views and beliefs of CUSA."

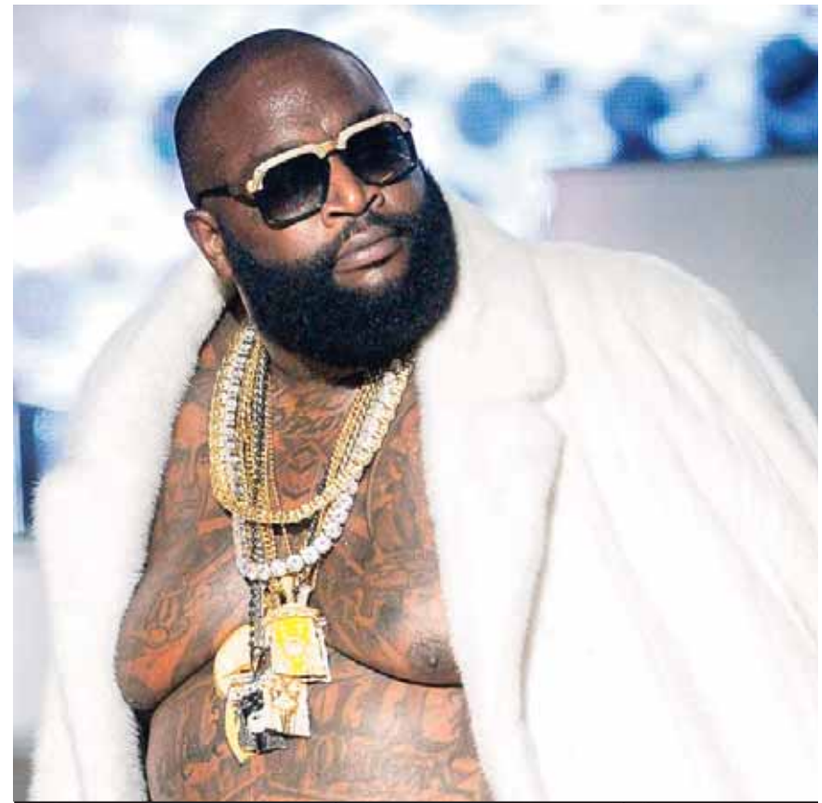
Golovko said in an email on Wednesday that the organization will speak with the concert promoters and "expect to meet this week to further review our agreement."

Still, some on campus say that group has been slow to react to the issue. "We witnessed the VP Finance tweet about people complaining by saying 'haters gonna hate,'" said Kelly Black, president of the school's Graduate Students' Association, which issued its own statement on March 28 asking why there was still a table in the school atrium selling tickets after CUSA issued its statement.

"It's unfortunate that we haven't heard anything and students' questions remain unanswered," Black said, noting that the GSA is holding a town hall for students to discuss consent and sexual violence at noon on Thursday, April 4.

"Sexual violence and rape culture are extremely prevalent on campuses. The way they (CUSA) have reacted to people speaking out to using student funds to bring Rick Ross.... shows a particular disdain for anyone who disagrees with them," he said.

WITH FILES FROM THE CANADIAN PRESS AND SEAN MCKIBBON/METRO



This Sept. 29, 2012, photo shows Rick Ross performing at the BET Hip-Hop Honors at Boisfeuillet Jones Atlanta Civic Center in Atlanta. Controversy around the date-rape lyrics in Ross's new single has spilled onto the campuses of Ottawa's universities with a boycott of his student-funded performance on April 9. JOHN AMIS/INVISION/THE ASSOCIATED PRESS

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RCMP. Researcher caught with live bacteria

Two former Canadian Food Inspection Agency researchers are facing charges after an alleged attempt to smuggle and commercialize intellectual property belonging to CFIA and a private partner.

Klaus Nielsen and Wei Ling Yu have been charged with breach of trust by a public official after a two-year criminal investigation, according to RCMP.

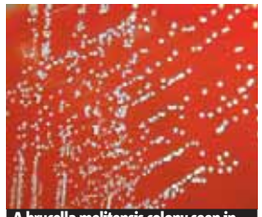
In a press release Wednesday afternoon, the RCMP said Nielsen was intercepted on Oct. 24, 2012 on his way to the Ottawa airport with 17 vials of live brucella bacteria. A Canada-wide warrant has been issued for Yu's arrest.

"The matter was originally reported to the RCMP by the CFIA in March 2011," the release read. "The investigation focused on Dr. Nielsen and Ms. Yu's unlawful efforts to commercialize intellectual property belonging to the CFIA and a private commercial partner."

Nielsen was part of a six-person team that developed a 15-second test for brucellosis in cattle in 2003 called fluorescence polarization assay. The U.S. company Diachemex manufactured the test.

The company's website lists fluorescence polarization as its "foundation," with distributors on five continents including North and South America, Asia and Europe.

In 2010, Yu and Nielsen co-authored a study in the Croatian Medical Journal on an alternative method for brucellosis detection.



A brucella melitensis colony seen in a petri dish in this image provided by the U.S. Centres for Disease Control. CDC/ COURTESY OF LARRY STAUFFER, OREGON STATE PUBLIC HEALTH LABORATORY

Brucellosis is known as undulant fever in humans. According to CFIA's website, it can cause intermittent fever and flu-like symptoms and last for months. While the disease is under control in Canada (the last known case was detected in Saskatchewan in 1989), up to 25 per cent of the population of some Latin American countries are afflicted, according to the agency.

Nielsen faces one criminal charge and several more under export and import law, the Transportation of Dangerous Goods Act, and the Human Pathogens and Toxins Act. He is scheduled to appear in an Ottawa courtroom on April 17. Yu, believed to be in China, faces one charge of breach of trust by a public officer.

ALEX BOUTILIER/METRO

City. Safety measures recommended on Bronson

The city's transportation committee is recommending council move forward with measures to try to make a high-speed stretch of Bronson Avenue safer for pedestrians and cyclists.

City staff say the measures will have no impact on congestion on the arterial road.

"Bronson has been a challenging street ... certainly one that feels dangerous for everyone for more than a decade," said Coun. David Chernushenko, who asked staff to conduct a safety study after Carleton student Krista Johnson was killed on the stretch last year.

"That stretch is a problem. That stretch is too fast."

Chernushenko said it would be a mistake to treat Johnson's death as a one-off event. Between 2002 and 2011, there were 32 accidents along the stretch involving cyclists or pedestrians. ALEX BOUTILIER/METRO

Possible measures

If approved by council, staff will implement a series of immediate measures such as:

- Installing regulatory and warning signs
- Shortening turning lanes at the Colonel By off-ramp and the turn lane onto Findlay Avenue
- Increasing visibility of crosswalks at Sunnyside Avenue and Brewer Way
- Upgrading traffic signals
- Increasing pedestrian crossing times
- Starting a cycling safety campaign on Carleton University's campus in September

Philanthropist Craig Keilburger riles up Ottawa students on Wednesday as he launches National We Day in Ottawa. The all-day event on Apr. 29 is set to inspire youth to get involved in their communities. GRAHAM LANKTREE/METRO

We Day challenges youth to volunteer

Free the Children.

Co-founder of charity says event inspires students to give back even after they graduate

GRAHAM LANKTREE
graham.lanktree@metronews.ca

He might not be the bright eyed 12-year-old who grabbed media attention with his single-minded drive to change the world, but it seems Craig Keilburger, at 30, still wants to make a difference.

Keilburger's passion for helping others still shone through and inspired 400 youth as he launched National We Day in Ottawa Wednesday.

"When you walk into a stadium at the end of this month with 4,000 other students who earned their way to get there ... you know you're not alone," Keilburger told students from Hillcrest and several other local schools of the day-long event Apr. 29.

Students from across the city are volunteering and giving to local and global charities to gain entry to the day, which will see the likes of Martin Sheen, rapper Kardinal Offishall, Second Cup founder Frank O'Dea and other motivational speakers inspire them to do more for their communities. The event will draw students from across Canada.

"I'd always been passionate about being involved, but I struggled to find a way to do it," said Caitlin Salvino, a Grade 12 student at Hillcrest High School of her trip to Toronto in 2011 for another We Day event. "I got a ticket to Toronto and that's what started everything. From then on, for the past two years, we've been working with Free the Children to build a school in Ecuador."

With a few other friends, Salvino founded the Impact Club at Hillcrest and grew their membership from eight to 40 students. "It's been an amazing change in our school," she said. "We've raised a ton of canned goods for the Ottawa Food Bank and have our Fast for Freedom tomorrow."

The co-founder of Free the Children in 1995 and several other charities, Keilburger, said that he's proud We Day has been happening long enough now that it can track its alumni. He noted 87 per cent keep volunteering an average of 150 hours each year.

Quoted

"I'd always been passionate about being involved, but I struggled to find a way to do it."

Caitlin Salvino, a Grade 12 student at Hillcrest High School, said her trip to Toronto in 2011 for another We Day event inspired her to start volunteering.

Lead-foot drivers given Easter surprise

The Easter long weekend was a busy one for area police. East Region OPP announced they handed out tickets for more than 2,000 Highway Traffic Act (HTA) offences during the long weekend.

While police say they were focused on proper seat belt usage and aggressive drivers on highways and trails, it seems the biggest problem is the lead-foot epidemic sweeping Eastern Ontario. SEAN MCKIBBON/METRO

Tickets handed out

- **1707.** Speeding
- **11.** Racing
- **267.** Seatbelt
- **60.** Distracted Driving
- **84.** Hazardous Moving Violations
- **259.** Other HTA
- **24.** Liquor Licence Act
- **70.** Compulsory Automobile Insurance Act
- **21.** Impaired
- **13.** Other Criminal Code Driving Charges
- **12.** Warns Range Suspensions
- **5.** All terrain vehicle offences
- **10.** Other Provincial Statute Charges
- **6.** Drug charges

Egyptian cops get weeklong lesson from Ottawa's finest

Community policing. Fifteen delegates will participate in training seminars with local cops

JOE LOFARO
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Riot police during a clash between opponents and supporters of Egypt's Muslim Brotherhood in Cairo on March 22. KHALIL HAMRA/THE ASSOCIATED PRESS FILE

Egyptian cops will be trading the turmoil of their home country for a classroom in Ottawa this week as a delegation visits Canada's capital for a study in community policing.

Ottawa police Staff Sgt. Isobel Granger is co-ordinating the weeklong visit in partnership with the International Organization of Migration, which looks at human migration and promotes policy exchanges between countries to improve how governments work.

Egypt's Ministry of Interior, which oversees the police force, sent 15 delegates to participate in training seminars. They will be asking questions on community policing, which Granger said is at the core of OPS philosophy.

"They're not looking to duplicate our model but just to look at our best practices," said Granger. "I think it gives an idea as to what their next steps are."

Local police are expected to present case studies on different community policing initiatives they work on.

Ottawa police Chief Charles Bordeleau will officially welcome the delegates Thursday.

Work in progress

Policing in Egypt

Just a few months before the 2011 uprising that ousted Egyptian president Hosni Mubarak, OPS Staff Sgt. Isobel Granger visited Cairo to deliver a seminar on gender-based violence in conflict areas.

Granger acknowledged that reports of police brutality continue even after President Mohammed Morsi took over last June. As recent as last month it was reported that an armored police vehicle crushed and killed a protester in the Nile Delta city of Mansoura.

JOE LOFARO/METRO

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A man pushes his bike through a flooded street in La Plata, Argentina, Wednesday. At least 52 people have been killed by flooding in the country's Buenos Aires province. NATACHA PISARENKO/THE ASSOCIATED PRESS

Dozens dead in Argentina floods

Torrential rains. Some 2,500 people have been evacuated from their homes, while food supplies could be threatened

Quoted

"Such intense rain in so little time has left many people trapped in their cars, in the streets, in some cases electrocuted."
Buenos Aires Gov. Daniel Scioli

At least 52 people died as flooding from days of torrential rains swamped Argentina's low-lying capital and province of Buenos Aires.

Nearly 50 people died Wednesday in and around the city of La Plata, Gov. Daniel Scioli said. Six deaths were reported a day earlier in the nation's capital. Many people climbed onto their roofs in the pouring rain after storm sewers backed up. Water surged up through drains in their kitchen and bathroom floors, and then poured in over their windowsills.

President Cristina Fernandez arrived by helicopter in Tolosa, a La Plata neighbourhood where she grew up and where her mother was among those evacuated. She announced security measures to combat vandalism, help for identifying the dead, and three days of national mourning for the victims.

She was then was surrounded by neighbours. Some hugged and thanked her. Others complained angrily and shouted at her to "go away."

THE ASSOCIATED PRESS

Floating for a cause

Man to take Mandela-inspired balloon ride

Visionary Nelson Mandela might not have imagined the surreal scene planned for this month at Robben Island, where he spent 18 of 27 years as a prisoner.

Matt Silver-Vallance plans to strap himself to 200 big balloons filled with helium, float off the island and drift to the shores of Cape Town for a charitable cause.

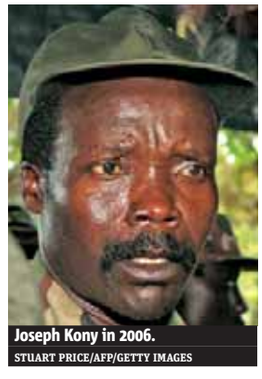
The goal is to raise $1 million to help build a children's hospital named after Mandela.

THE ASSOCIATED PRESS

Accused of atrocities. U.S. places $5M bounty on Kony, top commanders

The Obama administration on Wednesday offered up to $5 million in rewards for information leading to the capture of Lord's Resistance Army chief Joseph Kony, two of his top aides and a Rwandan rebel leader suspected of crimes against humanity.

Kony is accused of ordering widespread atrocities during a brutal campaign for power that originated in Uganda in the 1980s and is wanted by the International Criminal Court. He is now believed to be hiding in the Central African Republic. THE ASSOCIATED PRESS



Joseph Kony in 2006.
STUART PRICE/AFP/GETTY IMAGES

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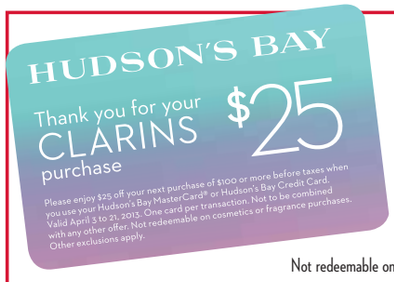
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Gay slurs shock council

Manitoba town says sorry. But owners of targeted restaurant will close it anyway

ELISHA DACEY
Metro in Winnipeg

Pots N Hands Restaurant owner and chef, Dave Claringbould, outside his Morris, Man., restaurant. Claringbould and his partner are closing their business because of homophobic insults. Claringbould said he and his partner are "very hurt and upset" by the homophobia. TREVOR HAGAN/THE CANADIAN PRESS

A Manitoba town council has issued an open letter condemning recent homophobic slurs toward a local restaurant.

It's "very disappointing" that the slurs against the restaurant, Pots N Hands, have "become an issue in our town," said the council in the Town of Morris, about 70 kilometres south of Winnipeg.

The owners of Pots N Hands, Dave Claringbould and his partner, say they plan to shut down April 13 because of the homophobic slurs by a few locals.

"We were asked if somebody was going to catch something off of the plate because we had prepared the food on it," said Claringbould, 35.

There have been other incidents, too, said Claringbould — although the majority of townspeople have been friendly.

The council's open letter expressed regret that the restaurant would close.

"We as a council along with our CAO, met for lunch at Pots N Hands to show support for this restaurant in our town," says the letter.

"In doing so, we made a public statement as a group that the people who represent Morris support our local businesses regardless of race, belief, and/or sexual orientation …"

The letter added: "This lunch occurred a week ago, and was certainly not the first time any of us had eaten there."

One resident, who asked not to be named, said she is disgusted by the prejudice.

"There's a couple of village-idiot rednecks, young fellas," she said. "When they grow up they'll understand how their vicious tongues can hurt people."

WITH FILES FROM THE CANADIAN PRESS

Manchester, U.K.

Punk punching now a hate crime

If you punch a punk in Manchester, England, it could be a hate crime.

Police say they'll begin cracking down on offences against subcultures in the same way they do on attacks based on race, religion, disability or sexual orientation.

"People who wish to express their alternative sub-culture identity freely should not have to tolerate hate crime," Assistant Chief Constable Garry Shewan said.

THE ASSOCIATED PRESS

Manchester, N.H.

Why this city's a taxi desert

Chances are you won't get a cab in Manchester, N.H. — police sidelined all 18 licensed taxis for inspection failures or failing to show up for inspection.

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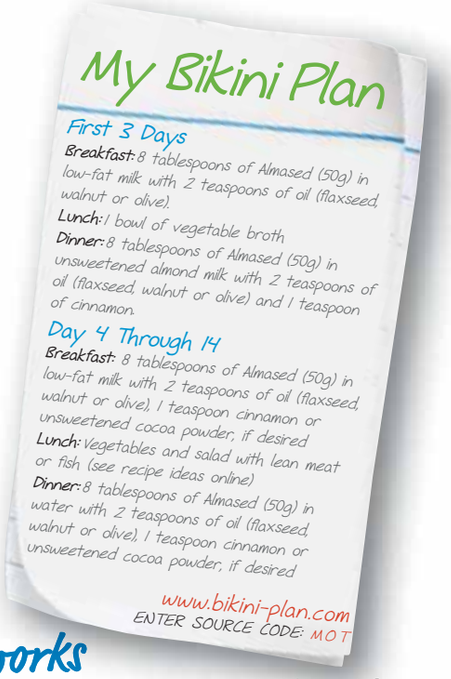
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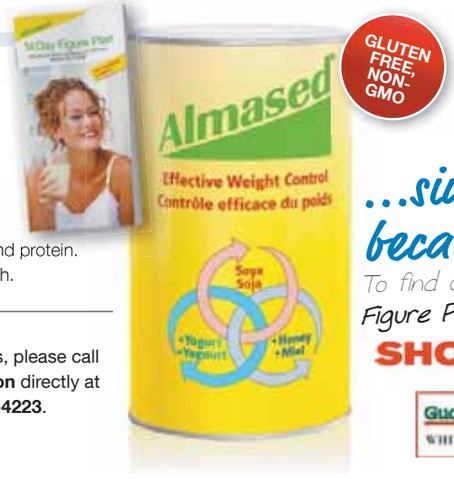

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Magnotta treated for schizophrenia, court records show

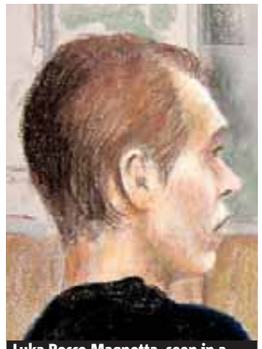
Flashback to 2005. Psychiatrist's letter in fraud case file reveals the accused killer's treatment and hospitalization

Luka Rocco Magnotta, accused of killing and dismembering a Chinese student, was treated for paranoid schizophrenia, newly-revealed court documents show.

But his doctor said he didn't always take his medication.

A letter from Magnotta's psychiatrist was attached to the court file of Magnotta's 2005 conviction for fraud in Toronto.

It offers a glimpse into the mind of the man now accused in the gruesome slaying and dismemberment of 33-year-old Jun Lin.



Luka Rocco Magnotta, seen in a court drawing, didn't always take his medication, a psychiatrist says. MIKE MCLAUGHLIN/THE CANADIAN PRESS

Magnotta, 30, then known by his birth name, Eric Newman, suffered from paranoid schizophrenia since at least 2000 and was hospitalized several times, Dr. Thuraisamy Sooriabalan wrote.

"The treatment consists of taking antipsychotic medications and attending (the) outpatient department for supportive psychotherapy and health education," wrote the doctor based at the Rouge Valley Health System's Centenary site in Toronto.

"Unfortunately Mr. Newman is not very regular in attending the outpatient department and as a result he misses his medications."

The letter was written in May 2005. It was released Wednesday after media outlets fought for it to be made public. THE CANADIAN PRESS

War of words. All systems go for a 'lighter' nuke attack, says North Korea

Military exercises amid the tension: A U.S. Air Force F-22 Raptor stealth fighter takes off from an air base south of Seoul, South Korea, on Wednesday. BAE JUNG-HYUN/YONHAP/THE ASSOCIATED PRESS

North Korea is warning Washington that its military has been cleared to wage an attack using "smaller, lighter and diversified nuclear" weapons.

The threat is the latest in a series of escalating warnings from North Korea.

It has railed for weeks against joint U.S. and South Korean military exercises taking place in South Korea and it has expressed anger over tightened sanctions for a February nuclear test.

North Korea said troops have been authorized to counter U.S. aggression with "powerful practical military counteractions."

Pyongyang said that America's ever-escalating hostile policy toward North Korea "will be smashed" by the North's nuclear strike and the "merciless operation" of its armed forces.

Meanwhile, the Pentagon said it will deploy a high-altitude missile defence system to Guam to strengthen the Asia-Pacific region's protections against a possible North Korean attack. THE ASSOCIATED PRESS

Fish deformities

Oilsands a risk like oil spills?

A top Canadian scientist says there are similarities between fish deformities found downstream from Alberta's oilsands and those observed after the Exxon Valdez oil spill in Alaska and Florida's Deepwater Horizon disaster.

David Schindler of the University of Alberta says some chemical or chemicals may be to blame. THE CANADIAN PRESS

Wishful Googling?

Google's spring came early

Wiarton Willie's forecast of an early spring may have been wrong, but Google says the groundhog may have been reflecting what we were hoping for.

Google searches for "spring" came early — mid-February. "Spring" searches usually don't start peaking until March, Google says. METRO

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Murder trial near end for Rockefeller impostor

California. Fraudster who tricked wife and kidnapped child charged in 1985 disappearance

The defence and prosecution rested their cases in the murder trial of a notorious Rockefeller impostor Wednesday.

Defendant Christian Gerhartsreiter chose to not testify in his own defence against charges that he killed a San Marino, Calif., man who vanished with his wife in 1985.

The defence cross-examination suggested Sandy Boss, his wife of 12 years, should have known earlier that his life was a lie and he had no relationship to the Rockefeller family.

Boss, who was the breadwinner in the family, said she was earning $1.2 million a year at a management consulting firm in New York and all of it was wired to her bank account, which was controlled by her then husband.

After their daughter was born in 2001, Boss said she became disenchanted with the man. She told him she wanted a divorce and "He told me if I went ahead with this I would never see my daughter again."

A pretrial ruling barred prosecutors from asking her about his kidnapping of their daughter after their divorce, which sent him to prison in 2009. THE ASSOCIATED PRESS

Murder trial

The defendant is charged with the murder of John Sohus, whose bones were unearthed decades ago from the yard of a California home where Sohus lived with his wife and mother. Gerhartsreiter, a German immigrant, rented a guest cottage.

- Linda and John Sohus disappeared in 1985. Defence attorneys claim Linda killed her husband.

Russian mystery artist dies

Above is a work of Russian street artist Pasha P183, who hid his identity and has been compared to Britain's Banksy. The Teatralnoye Delo theatrical production company announced Wednesday the artist died in Moscow on Monday at the age of 29. 183ART.RU/THE ASSOCIATED PRESS

Berlin, Germany

Soviet bomb near railway defused

A Second World War bomb was defused near Berlin's main railway station on Wednesday after trains were diverted, nearby houses evacuated and flights to the city's main airport briefly disrupted.

The 100-kilogram bomb was found Tuesday evening at a building site near the station, which stands in a relatively sparsely populated area near what used to be the border between West and East Berlin.

Experts decided to defuse the Soviet bomb on the spot.

Tens of thousands of unexploded bombs are believed to still be in the ground, 68 years after the war. The bomb defused Wednesday, though it was in a prominent location, wasn't particularly large or disruptive.

Disposal efforts sometimes require thousands of people to be evacuated. In 2011, a 1.8-ton bomb was discovered in the Rhine river in Koblenz and was defused after 45,000 residents were evacuated — nearly half the city's population. THE ASSOCIATED PRESS

Rio de Janeiro

Lethal bus crash may bring charges

A police officer investigating a deadly crash in which a bus plunged from a 10-metre-high viaduct onto one of Rio de Janeiro's busiest thoroughfares said Wednesday he plans to indict the driver and an angry passenger who allegedly fought just before the accident.

Jose Pedro da Costa Silva is quoted by G1, the internet portal of the Globo television network, as saying he plans to indict both on involuntary homicide charges in the deaths of seven people in Tuesday's crash. Eleven people were injured in the accident, and both the driver and the passenger have been hospitalized.

Survivor Amanda Santana Silva told Globo that a passenger became enraged when the bus driver, after skipping several stops, didn't leave the doors open long enough for him to get off. Silva, a 19-year-old pharmaceutical student, said the passenger jumped the turnstile and struck the driver. Moments later, the bus hurtled off the viaduct. THE ASSOCIATED PRESS

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Couple to be sentenced for fire that killed 6 of 17 kids

Mick Philpott presented himself on reality TV as an amiable rascal with an unorthodox lifestyle and a rambunctious brood — 17 in all, with five women.

Yet the Englishman's ramshackle existence took a horrifying turn when he and his wife set a fire that killed six of their children. Prosecutors said it was an attempt to influence a custody battle that "went disastrously and tragically wrong."

A judge said she would sentence Mick and Mairead Philpott on Thursday for their manslaughter convictions in the May 2012 deaths of the children, aged 5 to 13.

Prosecutors said the couple hatched a plan to start a gasoline-fuelled fire and then rescue the children, pinning blame on Philpott's mistress so he could gain advantage in their child custody battle. The plan went wrong within minutes.

After the fire, the Philpotts made an emotional appeal on TV, with Mick describing how he had battled the flames to try to save his children. THE ASSOCIATED PRESS

Solidarity. Obama cuts his salary

U.S. President Barack Obama will return five per cent of his salary each month to the Treasury in a show of solidarity with federal workers smarting from government-wide spending cuts.

Obama's decision grew out of a desire to share in the sacrifice that government employees are making, a White House official said Wednesday. Hundreds of thousands of workers could be forced to take unpaid leave if Congress does not reach an agreement soon to undo the cuts.

A five per cent cut from the president's salary of $400,000 per year amounts to $1,667 per month.

The White House, after declining for weeks to provide specifics for how the president's own staff had been affected, said Monday that 480 workers on the budget staff had been notified they may have to take days off without pay.

The White House is warning of dire economic consequences from the $85 billion in cuts that started to hit federal programs last month.

The cuts were written into a 2011 deficit-reduction measure as a trigger to force future action. The idea was that lawmakers, eager to avert the consequences of bluntly slashing $1 trillion over a decade, would have no choice but to come together to find smarter ways to reduce federal spending.

But the two parties were at odds over whether more tax revenues were needed as part of the solution, and lawmakers failed to reach an agreement by the March 1 deadline. THE ASSOCIATED PRESS

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Prison guard pulled teen's hair, cursed at her, Smith inquest hears

Peter Guenther, former executive-director of the Regional Psychiatric Centre in Saskatoon, leaves the Ashley Smith inquest in Toronto on Wednesday. Guenther said he had never seen someone so persistently self-harming as the teen was. COLIN PERKEL/THE CANADIAN PRESS

Testimony. Psych centre director who worked with teen recounts alleged prison abuse

A deeply disturbed teenager was moved from a prison psychiatric facility weeks after complaining a supervising guard had assaulted her, an inquest into her death heard Wednesday.

In his evidence, Peter Guenther, former executive-director of the Regional Psychiatric Centre in Saskatoon, said the incident involved a correctional supervisor, John Tarala, in March 2007.

Tarala had intervened to stop Ashley Smith from tying ligatures around her neck.

Guenther told the inquest he learned Smith complained she'd been assaulted by Tarala, claiming she was grabbed, lifted off the ground by her hair and called the "C" word. Smith also alleged Tarala had stepped on her head.

"Regardless of how difficult and challenging this offender's behaviours are, the staff knew that there was nothing that justified an assault or the abuse that is alleged."

In addition, the report notes a nurse who witnessed the incident said Tarala had ordered her to falsify her report.

According to the memo, Tarala offered to resign but Guenther said he could not accept it.

"I asked Mr. Tarala if he was offering his resignation because he had done something wrong and he replied that he had been working long hours and probably did some things that he should not have done," Guenther stated in his memo.

Police were called in and laid criminal charges against Tarala. THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE

Teen could admit when guards were right to be forceful: Guenther

"I kicked the officer. Yes, I assaulted her. They did what they needed to do so I would stop."

Ashley Smith, recounting an incident to Peter Guenther during which she kicked, bit and spat on guards.

Regional Psychiatric Centre

Ashley Smith was sent to the custodial forensic psychiatry facility operated by Correctional Service Canada in December 2006 because prison authorities believed she would get intensive mental-health treatment there.

- RPC is the only federal correctional facility that can take female inmates with mental-health issues.
- The inquest has previously heard that prison staff at Nova Institution couldn't cope with her self-harming behaviour.
- Smith, 19, of Moncton, N.B., choked herself to death in her segregation cell in Kitchener, Ont., in October 2007.

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Geneva scientists find hint of dark matter

Space. Discovery could help scientists understand the composition of the universe, galaxies

A $2-billion cosmic ray detector on the International Space Station has found a footprint of something that could be dark matter — the mysterious substance that is believed to hold the cosmos together but has never been directly observed, scientists say.

But the first results from the Alpha Magnetic Spectrometer, known by its acronym AMS, are almost as enigmatic as dark matter itself.

They show evidence of new physics phenomena that could be the strange and unknown dark matter or could be energy that originates from pulsars, scientists at the European particle physics laboratory near Geneva announced Wednesday.

The results from the detector are significant, because dark matter is thought to make up about a quarter of all the matter in the universe. Unravelling the mystery of dark matter could help scientists better understand the composition of our universe and, more particularly, what holds galaxies together.

Nobel-winning physicist Samuel Ting, who leads the team, told colleagues at the European Organization for Nuclear Research that he expects a more conclusive answer within months about this "unexpected new phenomena." THE ASSOCIATED PRESS

An artist's rendering of the Alpha Magnetic Spectrometer installed on the International Space Station. NASA/THE ASSOCIATED PRESS

Chemo drugs. Hospitals contacting patients who received too-low doses

Ontario Premier Kathleen Wynne said Wednesday her government will try to find out why watered down chemotherapy drugs were given to more than 1,100 cancer patients, some for as long as a year.

"It's a very worrisome situation, obviously most worrisome for the patients and their families involved, and we will work to find out how this happened," said Wynne.

Five hospitals — four in Ontario and one in New Brunswick — were contacting patients who received the too-low chemo doses to tell them to immediately get in touch with their oncologist to discuss treatment plans.

There was too much saline added to the bags containing the chemotherapy medications, in effect watering down the drugs by up to 20 per cent. THE CANADIAN PRESS

China. Early signs show new bird virus likely poses a silent threat

Scientists taking a first look at the genetics of a bird flu strain that has killed three people in China said Wednesday that the virus could be harder to track than its better-known cousin H5N1 because it might be able to spread among poultry without showing any signs.

The scientists, at several research institutes around the world, urged Chinese veterinary authorities to widely test animals and birds in affected regions to quickly detect and eliminate the H7N9 virus before it becomes widespread.

They said the virus is troubling because it can infect poultry without producing any symptoms, while seriously sickening humans.

The virus, previously known to have infected only birds, appears to have mutated, enabling it to more easily infect other animals, including pigs, which could serve as hosts and spread the virus more widely among humans, they said. THE ASSOCIATED PRESS

Workers unload chicken containers from a truck at a wholesale market on Wednesday in Shanghai. Scientists said the virus could be harder to track than its better-known cousin H5N1. EUGENE HOSHIKO/THE ASSOCIATED PRESS

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Late 2013. Apple to launch 60-inch 'iTV,' controlled by ring, analyst says

It's no secret that Apple wants to get into the living room by making its own TV set, and there have been plenty of rumours and reports about how and when it's going to happen.

Now, an analyst says he's learned that the set will go on sale late this year for $1,500 to $2,500 US.

In a research note on Wednesday, Brian White of Topeka Capital Markets said the "iTV" will be 60 inches on the diagonal but could also come in 50- and 55-inch versions. Apple will also release a small "iRing" that fits on the viewer's finger, allowing the user to control the screen by pointing, White says.

In addition, the set will come with tablet-like "mini iTVs" with 9.7-inch screens, the same as the full-size iPad, White said. The iTV will be able to send video to the smaller screens wirelessly around the house. The concept is similar to the way in which cable and satellite TV companies are starting to let their set-top boxes send video to iPads and other tablets.

White says his report is based on gleanings from visits with unnamed Chinese and Taiwanese companies that supply Apple with components.

Apple does sell an Apple TV, but it's a small box that connects to a TV to display movies and shows from iTunes.

Apple shares rose $4.91, or 1.1 per cent, to $434.70 in midday trading, as the tech-dominated Nasdaq index fell 0.3 per cent. THE ASSOCIATED PRESS

Steve Jobs

Apple doesn't comment on future products before its launch events, but late company co-founder Steve Jobs told biographer Walter Isaacson that he wanted to remake the TV and had figured out a way to do it.

Hyundai, Kia recalling nearly 1.7M vehicles

Brake-light switch problems. Owners and dealers will be notified and will get free switch replacements

Korean automakers Hyundai and Kia are recalling almost 1.7 million vehicles in the U.S. and Canada to fix problems with brake-light switches.

The recall covers most of the automakers' model lineups from the 2007 through 2011 model years.

Hyundai Canada said about 255,000 vehicles are being recalled in Canada for the problem, while Kia Canada said just over 106,000 of its vehicles are involved in the recall.

According to the website of the U.S. National Highway Traffic Safety Administration, a faulty switch can stop the brake lights from illuminating when drivers press on the pedal.

Also, the cruise control may not turn off when a driver steps on the brake, push-to-start buttons may not work and a feature that stops the driver from shifting out of park without a foot on the brake may fail.

"Failure to illuminate the stop lamps during braking or inability to disengage the cruise control could increase the risk of a crash," NHTSA said in the documents. THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Korean automakers Hyundai and Kia announced Wednesday they're recalling cars to fix problems with brake-light switches.
NAM Y. HUH/THE ASSOCIATED PRESS

Models affected

Spokespersons say there haven't been any crashes or injuries due to the problem. They pointed out that the malfunctions don't occur all the time and don't affect brake performance.

- **Hyundai.** 2007-09 Accent and Tucson, 2007-10 Elantra, 2011 Sonata, 2007-11 Santa Fe, 2008-09 Veracruz, 2010-11 Genesis Coupe
- **Kia.** 2007-10 Rondo and Sportage, 2011 Optima, 2007-11 Sorento, 2010-11 Soul, 2007 Sedona

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More Canadians tuning out of TV, report says

The number of "tuned out" Canadians, those who don't subscribe to conventional TV, has doubled in recent years and now represents eight per cent of the population, a new report suggests.

Since 2007, a steady four per cent of Canadians surveyed by the Media Technology Monitor, which regularly polls Canadians about tech trends, reported they were tuned out.

Tuned-out Canadians either didn't have a TV set, used it only to watch VHS tapes, DVDs or Blu-rays, or streamed digital content rather than paying for cable. They tended to be younger, highly educated and major users of the Internet, MTM says.

In the fall survey, about 49 per cent were between 18 and 34, and 51 per cent had a university education. Tuned-out Canadians spent 20 hours a week surfing the web compared to the 15.4 hours TV subscribers were online.

MTM notes the numbers of tuned-out Canadians started to rise in 2011, after those who were receiving analog over-the-air signals for free were forced to transition to a digital signal or lose access to the limited number of channels they were picking up by antenna.

According to MTM, many decided they were fine without TV, as the number of tuned-out Canadians nearly doubled to seven per cent of the population. THE CANADIAN PRESS

Oil report

Poor pipelines cost producers billions

A new report estimates Canada is losing billions of dollars in unrealized revenues because of its inability to get its oil efficiently to foreign markets. CIBC economists project that the country will continue to lose an average of $15 billion a year from the price differential between world oil prices and what its producers get for shipments mostly to the United States. THE CANADIAN PRESS

Wedding invitations

Paperless Post going with paper

Paperless Post has defied its digital business model before. Now the online invitation and greeting-card startup is taking it a step further. The New York company launched Paper by Paperless Post after customers requested a way to get its e-cards on paper. Now Paperless is teaming up with card maker Crane & Co. to print wedding invitations. THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.57¢ (+0.04¢)

TSX 12,422.12 (-259.98)

OIL $94.45 (-$2.74)

GOLD $1,553.50 US (-$22.40)

Natural gas: $3.967 (-0.2¢)
Dow Jones: 14,550.35 (-111.66)

CIHR CAFÉ SCIENTIFIQUE
PRESENTS

Science on tap
Quench your interest

Location, Location, Location:

Improving the health of your Ottawa neighbourhood

Thursday, April 11, 2013, 6 p.m.
Events InStyle
107 Murray St., Ottawa
RSVP: cafescientifique@cihr-irsc.gc.ca

This free event is hosted by the Canadian Institutes of Health Research, its Institute of Nutrition, Metabolism and Diabetes and its Institute of Population and Public Health.

Space is limited.

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When asked how their neighbourhood could be changed to improve their own health and well-being, residents often suggest increased access to green spaces as well as stores with affordable and nutritious foods. But it takes careful research to make these changes happen and ensure that they will be effective.

The Ottawa Neighbourhood Study is a leading-edge, innovative research study that demonstrates the value of neighbourhood health factors. This study has collected detailed information on every neighbourhood in the city, from Orleans to Kanata, to the rural areas along the Rideau.

So what will be done now to improve Ottawa? How can urban planners, citizens and neighbourhood groups use this information to make our city a healthier place to live? To learn more about this, and to share your views, please join us for an informative discussion about neighbourhood health issues with some of Canada's leading experts in the field.

Experts

Elizabeth Kristjansson
PhD
Associate Professor
School of Psychology
Institute of Population Health
University of Ottawa

Rosamund Lewis
MDCM, FRCPC
Associate Medical Officer of Health
Ottawa Public Health

Douglas Manuel
MD, MSc, FRCPC
Senior Scientist
Ottawa Hospital Research Institute
and the University of Ottawa

Moderator

Jane E. Aubin
PhD
Chief Scientific Officer
and Vice-President of Research
Canadian Institutes
of Health Research

CIHR IRSC
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www.cihr-irsc.gc.ca

Canada

EARTH TO PMO: WE'RE DOOMED

HE SAYS

John Mazerolle
metronews.ca

"If a meteor ... a mile wide were to hit land, it could form a crater and blow enough dust into the stratosphere to block out the sun and affect crops worldwide for a year, (a NASA scientist) said." — Meteor Sighting Unusual, But Space Debris is Common, the Washington Post

"The government of Prime Minister Stephen Harper has been accused of silencing scientists on a number of subjects, particularly environmental science." — Watchdog to Study Policies That "Muzzle" Government Science, The Canadian Press

Ring! Ring!

PMO: Prime Minister's Office. How can we help you become self-reliant?

CSA: This is the Canadian Space Agency. A massive meteor is headed for Canada. We have to tell people before it's too late!

PMO: Oh my God. Let me get this straight: You work for the Harper Government, and you're telling me you want to talk directly to the people? The chances are astronomical!

CSA: Uh. Yes.

PMO: As you know, the Harper Government will have to approve any statements.

CSA: The meteor is about a mile wide, could instantly kill hundreds of thousands, then starve billions when the sun is blocked. So we'll need—

PMO: I'm just going to go ahead and stop you right there. We need a different message.

CSA: What?

PMO: I've been around long enough to know that your message will turn off most demographics. Frankly, it's very negative and promotes fear.

CSA: Doesn't that mean it's perfect?

PMO: During an election campaign, sure. But right now it detracts from our promise of a "strong stable majority." Some MPs would cry. Others would run. Does that sound strong and stable? And I don't even want to think about what some of the religious backbenchers will say if they find out the world is ending.

CSA: It's going to hit in six hours! This is no time for politics.

PMO: It's always time for politics. If a big rock hits Canada on our watch and we did nothing to stop it, the Opposition will have a field day, sudden lack of fields notwithstanding. So we'd prefer you kept this one hush-hush. Unless you can blame it on Trudeau.

CSA: People are going to die!

PMO: How many?

CSA: Depending on the computer model, between 500,000 and two million.

PMO: Ah, so there's a debate even among scientists. No consensus.

CSA: It's still lots of people!

PMO: Where?

CSA: Based on its trajectory, mostly in the Greater Toronto Area.

PMO: I'm hanging up.

CSA: No wait! How about this? What if the Harper Government took credit for the meteor?

PMO: Hmmm ... the Conservative government that destroyed Toronto. I'm listening.

CSA: Not only that: We can also "explain" that the ash kicked up from the explosion is why you were never concerned about global warming in the first place.

PMO: Won't the ash destroy a lot of the environment?

CSA: That's because the Conservative's environmental plan, uh, "seeks to reduce inefficiencies in nature." We find places where 10 birds are doing a job that five birds could be doing!

PMO: Now you're getting it!

CSA: Can we tell people now?

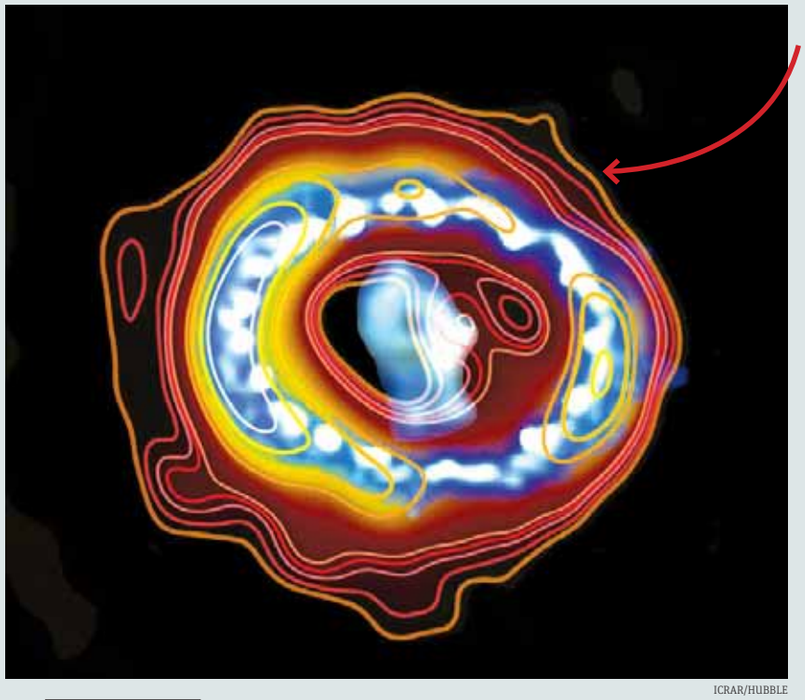
PMO: Can we brand it The Harper Government "Rocks"?

CSA: It's the end of the world as we know it and I feel queasy.

PMO: You get used to it.

ZOOM

The death star, like never before



ICRAR/HUBBLE

Death of star in highest detail

Scientists have studied the death of a star in the highest ever detail. Astronomers led by the International Centre for Radio Astronomy Research (ICRAR) in Western Australia have revealed new images of Supernova 1987A, whose demise was first spotted over 25 years ago. METRO

A star is born?

- In 1987, astronomers observing the Large Magellanic Cloud, a nearby dwarf galaxy, noticed the sudden appearance of what looked like a new star but soon realized it was the end of a star — the brightest supernova ever seen from Earth.

Scientists now seek star's centre

Scientists study the evolution of supernovae into supernova remnants to understand the interaction of the star's blast with its surrounding environment.

They suspect a compact source or pulsar wind nebula — remnants of an old star — to be in the centre of the radio emission, implying that the supernova explosion did not make the star collapse into a black hole. METRO

Picture this

"Imaging distant astronomical objects like this at wavelengths less than one centimetre demands the most stable atmospheric conditions."

Dr. Giovanna Zanardo of ICRAR

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online store that allows fans to buy music directly from the artist, with the added bonus of being able to preview entire albums for free. It also happens to be the perfect place to support Canadian artists like these:

Overwerk

Do yourself a favour and delete that Top 40 from your workout playlist. This London producer's After Hours EP conveniently checks in at a tidy 30 minutes of sweat-friendly peaks and valleys. Best of all, you can set your own price. (overwerk.bandcamp.com)

Les Soeurs Boulay

Brush up on your French with a Montreal-based sister folk act. Armed only with guitar, ukelele and velvet-voiced harmonies, the soeurs are well-equipped to break hearts. (lessoeursboulay.bandcamp.com)

Kitsune

Imagine the sound of a Nintendo console becoming self-aware and deciding to pursue a new career as a producer of club bangers. Audiences don't get much more niche, but I know you're out there. (vulpvibe.bandcamp.com)

Comments

RE: UBC Student Accused of Sex Work After Trying to Cross U.S. Border With Condoms, published April 2

How do you spell "discrimination"!?
Shirley Mclaughlin posted via Storify

"How much is he paying you to go on this trip?" Shame on them.
Cynthia Kim posted via Storify

Who cares if she's a sex worker?
Paul Nagy posted via Storify

Like crossing DMZ into North Korea.
Mal Cohen posted via Storify

I hope she sues their pants off!!!
Jonathan Hodder posted via Storify

WTF.... I guess us Canadians don't have sex.
Joann Neish posted via Storify

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Building the master track to a sound career

Watson. Audio engineer involved in more than 300 recordings

BACKSTAGE PASS
Samantha Everts
ottawa@metronews.ca

Prolific indie rock producer and local music veteran Dean Watson in his Glebe studio. SUBMITTED

Audio engineer Dean Watson has literally built his career with his own two hands.

He began by modifying old microphones found at pawn shops to record '90s rock bands like Seismic on his four-track. He says that he appreciates his bric-a-brac beginnings and is grateful that he didn't have access to the best equipment when he first started.

"Because I had no money, I had to use whatever I had and get creative," he said.

Watson's career quickly evolved when he built his own studio in the Glebe in 2006.

"I just wanted to make records and play," he says.

Now, music recorded at Gallery Recording Studios is heard on airwaves and iPods across Canada every day.

It's his innovation and dedication to the best sonic and artistic result that has indie acts like Andrea Simms-Karp, Musk Ox and Shannon Rose and the Thorns returning to work with him.

"I love working on a piece of art with someone and work towards the same end goal more so than playing music," said Watson.

He said the most valuable and sometimes unexpected skills are learned from hands-on experience.

"It's more than just plugging in mics or knowing how to mix a song. You wear a lot of hats."

That often includes mediating band egos to avoid Spinal Tap moments by sending two members off for coffee while another stays to record.

"Most of my clients are from the Ottawa-area," said Watson.

"I haven't actively solicited any bands, it's been all word of mouth."

A reputation for experience and easy-going excellence has made him a sought after sound engineer.

"I've been involved in mixing, mastering and producing over 300 records. It makes me feel old," said Watson with a laugh.

Bands from across Canada go to Watson for his ability to deconstruct and then reconstruct songs to carefully curate the best sound possible.

The only problem is, Watson has worked on so many songs he sometimes can't recognize them.

"It's always nice when I'm shopping, (and I think) 'Why do I know this music?' and it doesn't dawn on me until 'Oh, I made that song!' It happens a lot."

I can't see myself doing anything else," said Watson.

For more information, search for Gallery Recording Studios on Facebook.

Upcoming shows by artists he's recorded

- **Andrea-Simms Karp with Belle Star Saturday April 13 at Raw Sugar Café (692 Somerset St. W) 8:30 p.m./ $10**
- **Shannon Rose and the Thorns Saturday, April 6 at Quinn's Ale House (1070 Bank St.) 3 p.m./ by donation**

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All in the family

Kristin Chenoweth, who stars in Family Weekend, a comedy about dysfunctional relationships, dishes on her own favourite family flicks

THE ASSOCIATED PRESS

Stage and screen veteran Kristin Chenoweth plays a hard-charging, high-powered executive in the dark indie comedy Family Weekend — a wife and mom who's too busy for her husband and kids, who are all too busy for each other anyway. Teenage daughter Emily (Olesya Rulin) finally has enough of the neglect when everyone blows off her big jump-roping competition at school. She rounds up her selfish, scattered relations for a long and tortured intervention — which includes tying mom and dad (Matthew Modine) to chairs, duct-taping their mouths shut and detailing their years of offences. Here, Chenoweth picks her own favourite movies about families.

National Lampoon's Vacation (1983)

It's a classic dysfunctional family with Chevy Chase and Beverly D'Angelo. It's so over the top but yet you buy it. In some ways, our film Family Weekend has a similar dysfunctional family.

The Sound of Music (1965)

It's about a fractured family that comes together with the new stepmom who wins them over in the end. This is a good family film.

RV (2006)

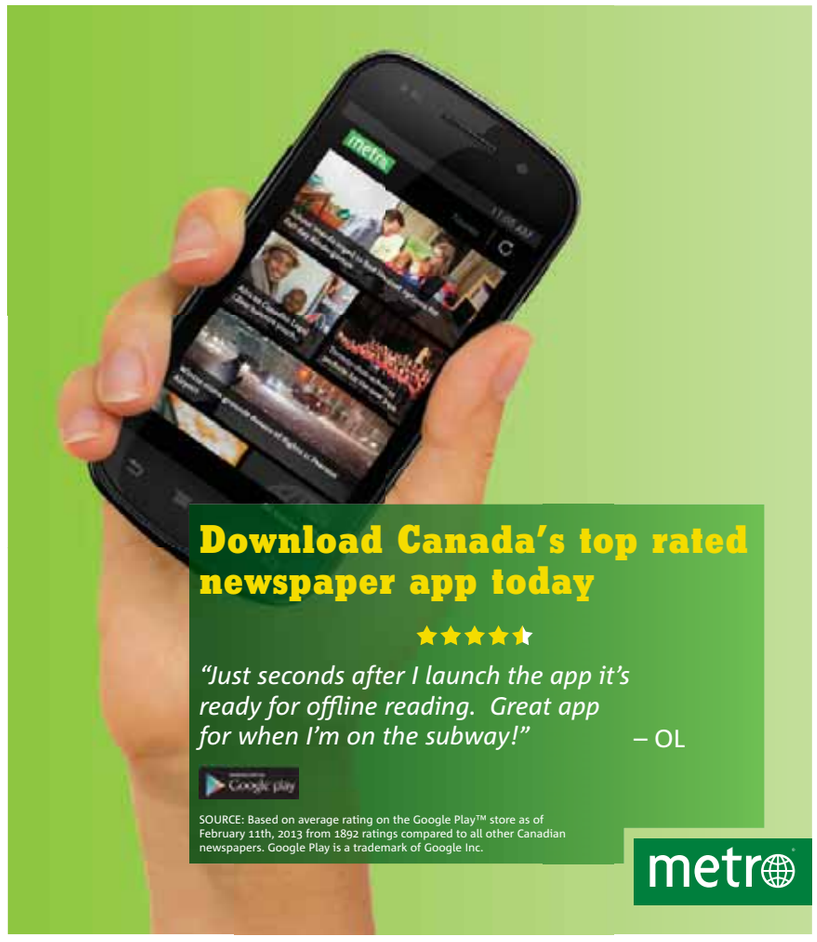
It's a family film that I was in which is about what it's like to go cross country with your family. I absolutely love this one. Robin Williams cracks me up.

Steel Magnolias (1989)

It's a family film about relationships between the women and even the husbands are involved. Being a Southern woman, I get and know all of those women.

Gone With The Wind (1939)

It's about the relationship of a girl and her land. It's family oriented and about loss.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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 21 SHOPPERS DRUG MART

Ryan Tedder and his band OneRepublic released their third album last week. THE ASSOCIATED PRESS

Ryan Tedder pushes producer pride aside

OneRepublic. Band's frontman talks about the stress of handing over some of the creative reins on latest album

Ryan Tedder has been the mastermind behind hits for Adele, Beyoncé and Leona Lewis, but on his band's new album, the Grammy winner gets help from other hit-makers.

Tedder's name is all over the credits on Native, OneRepublic's third album, released last Tuesday.

But other players helped shape the band's latest sound, including Benny Blanco, who co-produced hits like Maroon 5's Moves Like Jagger and Katy Perry's Teenage Dream, and Jeff Bhasker, who produced fun.'s Grammy-winning breakthrough album, Some Nights.

"I was very clear with them," said Tedder, who added that taking a back seat to other producers was both "scary and exciting."

"I was like, 'We're not Maroon 5. We're not fun.'"

OneRepublic's lead single, If I Lose Myself, was co-produced by Blanco, and Bhasker adds his drum-filled sound to Can't Stop. The album also features producer Philippe Zdar, best known for his work with French critical darlings Phoenix.

In an interview, Tedder, 33, talked about collaborating with other artists, the state of rock music on Top 40 radio and Native, which OneRepublic recorded in Greece, Paris, London, New York, Seattle, Vancouver, Canada and Colorado.

You've produced for many acts. What was it like having others come into your musical space?

I happened to work with Benny and Bhasker in the middle of, probably the both of them, the greatest run of hits in their lives. ... I don't want the one time I go outside my box and collaborate with somebody to be the song that doesn't work. You're always, like, slightly terrified. ... No offence to them, but I didn't want their palate or their sound to then define us.

So how did you work everything out?

The one Bhasker did and one of the two Benny did, I knew fundamentally I'm not the guy to do this. I'm not the right producer to do this record. I'm not getting it right.

This record sounds like such a huge, huge, important moment and I'm missing it.

THE ASSOCIATED PRESS

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KISSONLINE.COM

Jane Levy gets gruesome in horror heroine role

Evil Dead. Facing relentless blood baths and being buried alive was all in a day's work for actress

NED EHRBAR
Metro World News in Hollywood

Jane Levy wants to make one thing clear: "I'm not a horror fan," she says. Well, for a non-fan she's picked a doozy of a horror film to be in: Evil Dead, Fede Alvarez's remake of Sam Raimi's cult classic debut. In this update, we still have five kids going to a cabin in the woods and inadvertently unleashing a demonic spirit after reading from an evil, enchanted book. Only this time, instead of being on Spring Break the co-eds are out in the woods to help Levy's Mia withdraw from heroin. Thanks to updates in both practical and digital effects, the new film reaches a gruesomeness level that's truly attention-grabbing.

Have you been finding this movie easy to talk about in interviews?
What's good is we're all excited about it actually, and I think we're all really proud of it. So it's nice to talk about stuff that you're proud of. It's so painful when both (the actor and the interviewer) are like, "We know it sucks, so why are we here?"

It's nice to see a horror movie handle the credibility questions of plot so well, like why these kids would go to this creepy remote cabin in the woods in the first place.
Yeah, I don't know if I would ... I was going to say if I was going to withdraw from heroin I don't know if I'd go to the middle of the forest, but some people would! I like that theme because it also becomes a metaphor for the whole story, and also because it makes for good drama. You sort of understand everyone's point of view, and I think that's the best kind of play or movie or television show or piece of literature, when every character's argument is right. Mia's right, there is something in the f—ing woods! But they're right to not trust her. The only person who isn't much right is Eric (Lou Taylor Pucci) for reading from the book. It's all his fault.

There are some differences between this one and the original. Did you watch it for research?
I watched the original, but only after I'd gotten the job. I'd never even heard of the Evil Dead when I went out for this movie. I'd heard of Sam Raimi. I mean, Spider-Man was my generation. The first one came out when I was, like, 12 or something.

What did you think of some of the more horrific elements when you were reading the script?
When I was reading it I thought it would be so much fun! Little did I know that it's torturous. But I remember reading it and being like, "Oh my God, this is the horror of all horrors. It's just relentless, it never stops. And when you think it's gotten to its peak it's just going to keep going." When I was reading it I thought it was almost funny. It just becomes so terrible that you have to laugh. But I wasn't laughing when I was making it, that's for sure.

Jane Levy stars in Evil Dead, which opens Friday. HANDOUT

Buried memories

Jane Levy dishes on the worst parts of making the Evil Dead — and it wasn't being forced to wear special contact lenses.

- The contacts were OK. There were so many bad things that at a certain point you just get used to it, but I think being buried alive was probably the hardest. It takes a lot of power to get your mind to feel like you're not going to die, you know?

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Carrey takes aim at gun lobbyists in op-ed

Controversy. Star criticized for Charlton Heston parody

Jim Carrey has spoken out again in favour of gun control, even as he says that critics have heaped hatred upon him and his family.

The 51-year-old comic actor, born and raised near Toronto, has written a new op-ed for the Huffington Post in which he urges further gun control measures and takes aim at critics who have attacked him for his position.

Carrey found controversy last week after issuing a Funny or Die video satirizing the gun lobby with an unflattering impression of late actor and former National Rifle Association president Charlton Heston. In the clip, he trilled a song called Cold Dead Hand. Meanwhile, he posted combative messages about the gun lobby's resistance to regulation on Twitter.

In his op-ed, he argues that recent mass shootings should be "an invitation for us to become more civilized and deal with our addiction and entitlement to violence."

Carrey says he is not asking any Americans to surrender their right to bear arms, but is concerned about the "type of arms" and the "easy access" to the weapons. "I disagree wholeheartedly with those who say that there are just too many guns out there to control and that more gun laws won't make a difference," he writes.

THE CANADIAN PRESS

Jim Carrey has waded into the gun debate. GETTY IMAGES

Beyoncé. ALL PHOTOS GETTY IMAGES

Beyoncé brushes off latest round of criticism

Beyoncé has heard what her critics have to say — particularly about her decision to name her new tour the Mrs. Carter Show — and she's just going to ignore them.

"I guess I am a modern-day feminist," she muses to British Vogue. "Why do you have to choose what type of woman you are? Why do you have to label yourself anything? I'm just a woman, and I love being a woman."

As for taking husband Jay-Z's last name for her tour?

"I feel like Mrs. Carter is who I am, but more bold and more fearless than I've ever been," she says.

David Beckham

Beckham wants a normal life for his kids

Despite being possibly the most famous man in the world, David Beckham is desperate for his four kids to have a normal a life as possible — even though that can be pretty tricky sometimes.

"My eldest now is at the age where he wants to do things and go to places, and we have to hold him back," Beckham tells CNN World Sport about 14-year-old Brooklyn.

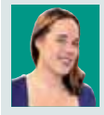
"You have to explain to him that there are certain things he can't do. But to be honest, we let our children do 99 per cent of the things they want to do because we want them to lead a normal life."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Glee trying to put on a brave face amidst latest scandal



THE WORD
Dorothy Robinson
scene@metronews.ca

It's been a week of shake-ups for the cast of Glee.

First, it was announced that main cast member Cory Monteith was admitted to rehab on Monday morning for a substance abuse problem and now it looks like Heather Morris, who portrays the ditzy cheerleader Brittany on the hit show, is pregnant.

Us Weekly broke the news that the 26-year-old is expecting a baby with her longtime boyfriend Taylor Hubbell. "She's a little more than three months along and starting to show," the source tells Us Weekly. "It was totally unexpected, but they are incredibly happy and excited."

Keep her off the dance numbers, Glee!

Chris Brown

Chris Brown feels bad for Bieber

Chris Brown feels Justin Bieber's pain.

When asked during an interview with radio station Power 105.1 how he copes with paparazzi attention, Brown says: "It's sort of like what Justin Bieber's going through right now... Being young, having a limitless amount of income, whatever you want to do as a young guy, and then at the same time you don't have nobody that's going to say, 'Hey bro, you look wack right now.'"

Brown is particularly worried Bieber's friends — like rapper Lil Twist — will get an undue amount of blame for any of the pop star's troubles.

Twitter

@ABFalecbaldwin
Am I really 55? Wow. Like.....wow. Doesn't seem real.

@NiallOfficial
Morning. ! This is it ! I'm goin to the dentist! I think this is my last hour with braces! Oh how I'm gona miss them ! Naaaaaaat !

@SethRogen
Of all the TV shows I've never seen, I've never seen "The Borgias" the most.

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SHOPPERS DRUG MART

Ain't no sunshine, but there is style

Spring collections should be the main storyline, but it's as cold as ever outside. So rather than freezing your legs off trying to wear that flimsy dress, take a few cues from the autumn/winter shows that just wrapped up earlier this month.

KENYA HUNT
kenya.hunt@metro.lu

Soft pinks

On the runway: Unique

Whistles jacquard trousers, $206, whistles.co.uk

Topshop mix stitch pink jumper, $72, topshop.com

Houndstooth

On the runway: Rag & Bone

Houndstooth scarf $40, zara.com

By Malene Birger Sarafina trousers, $395, netaporter.com

Navy and black

On the runway: Jil Sander

Jil Sander Navy skirt, $660 stylebop.com

Acne Ava black top, $250, acnestudios.com

The full skirt

On the runway: Rochas

ASOS midi skirt, $68, asos.com

Marni organdy circle skirt, $1,280, netaporter.com

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The business of dressing the bump

Fashion. Never mind comfort, Kim Kardashian's maternity wardrobe is an exercise in branding

KENYA HUNT
Metro World News

Let that baby breathe!
JB LACROIX / WIREIMAGE

We can't deny Kim looks beautiful, but would she give us a bigger smile if we threw her a pair of jogging pants? CHRIS MCKAY / WIREIMAGE

Just when you thought her maternity choices couldn't look any more uncomfortable, Kim Kardashian goes shopping in a body-con dress, its leather stretched to the absolute limit, and stilettos — an outfit that would make even the average, un-pregnant woman look like she's trying too hard. But before we get into Mother Kimye's pregnancy wear, let's establish this fact:

1. The Kardashians are unbeatable at the game of being famous for being famous.
2. The Kardashians have been known to mine their personal lives for reality TV and publicity in general.
3. Kim is a Kardashian.

Now that we've gotten that out of the way, let's look at that leather. The tighter the squeeze around Kim's bump and the higher the heels, the more we talk about it. It's a pop culture moment that advances the plot line of Kim's celebrity as clearly as an episode of Keeping Up with the Kardashians.

The average pregnant woman dresses for comfort. But increasingly, the average famous pregnant woman dresses strategically as the bump becomes another opportunity for personal branding (Jessica Simpson), record sales (Beyoncé) and public obsession (Miranda Kerr). Yes, Kim claims that flats hurt her back and that heels are the most comfortable shoe for her to wear. But the tape wrapped around her feet says otherwise. It's not hard to imagine the ways she'll push this idea further as her final trimester approaches. What next? Hot pants and a bustier? Somewhere, her marketing team is probably taking notes.

Boy, you need a break

RICHARD PECKETT
Metro World News

Men, it's time to down the winter woolly pulleys and get your wardrobe in spring holiday mode. First, remember it's spring, not summer. So you're going to need some layers: a sweater, jacket and yes, some chinos. Secondly, you've got to get the luggage right. You're packing for a weekend break not a picnic. So pop the day bag away and, yes, that enormous backpacking rucksack.

Cutler and Gross

Circular lens sunglasses, $548, ln-cc.com.

Christopher Shannon

Kidda T-shirt with flag print, $119, asos.com.

CHUCS

Classic clasp swimshort in Corbusier red, $220, chucs.com.

Orlebar Brown

Mitchell cagoule, $495, orlebarbrown.com.

Ladies, we're here for you!

Spring is here, even if it doesn't quite feel like it yet.

But for those of you brave enough to pack away your clunky boots, head online to Trendscaping and take a look at this season's latest in high-end fashionable footwear and decide which style you will splurge on to step into spring.

metronews.ca/voices/trendscaping

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ORAL HEALTH

Thursday, April 4, 2013

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases. FIONLINE/THINKSTOCK

Healthy teeth equals healthy living

TERESA CHIYKOWSKI
For Metro

Did you know that oral health is not only important to your appearance and sense of well-being, but also to your overall health?

It's true.

Problems such as missing teeth or oral infections can affect your physical and mental health. That's all the more reason to practise good oral hygiene and look after those healthy pink gums and dazzling pearly whites.

Smile

- Visit hc-sc.gc.ca to download a copy of Smile: Healthy Teeth, Healthy Body. The publication will help you better understand the link between oral health and overall health, help you establish an effective oral health plan, and ensure you have information about the risks and symptoms of oral cancer.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases including:

Diabetes: People with diabetes are more susceptible to gum disease, which can put them at greater risk of diabetic complications.

Respiratory illness: The same bacteria found in plaque can also be inhaled into the lungs where they may cause an infection or aggravate any existing lung condition, especially in older adults.

Preterm, low birth-weight babies: Studies are also examining whether pregnant women with gum disease may be at a higher risk of delivering preterm, low birth-weight babies than women without gum disease.

Cardiovascular disease: There is new research that points to a possible connection between gum disease and heart disease and stroke.

Brush up with these tips

1. Brush your teeth at least twice a day.
2. Floss daily to remove plaque between your teeth.
3. Replace your toothbrush every three to four months.
4. Use an antimicrobial mouth rinse to reduce bacteria in your mouth.
5. Schedule regular dental checkups.
6. Eat a healthy diet according to Eating Well with Canada's Food Guide.
7. Watch for signs of oral disease and contact your dentist if you detect anything out of the ordinary.

To learn more about dental care, visit the Canadian Dental Association website at cda-adc.ca.

If you pay a little extra attention to daily oral hygiene habits when children are young, they can grow up cavity-free. NEWS CANADA

Children. Daily habits to grow up with

Even today, with advancements in oral care, it is estimated that 57 per cent of kids aged six to 11 have cavities. This number increases to 59 per cent for teenagers.

Specialists tell us, however, that if we pay just a little extra attention to daily oral hygiene habits, all children can grow up cavity-free. The care you teach them now will last a lifetime, so take a look at these helpful tips:

Twelve to 24 months

Begin regular dental visits by age one. Teach a toddler about dental hygiene when the first teeth come through. Children should get used to holding a toothbrush and should watch others as they brush. Let them practise brushing, but continue brushing their teeth for them. Begin flossing when most of the baby teeth are in.

Two to five years

Teach young children to use no more than a pea-size amount of toothpaste and make sure they do not eat it. Continue to brush and floss their teeth for them. Avoid sugary sweet treats.

Six and older

Encourage children to begin flossing. Your dental hygienist will demonstrate proper technique. Continue to supervise brushing and flossing. The surface of your child's permanent molars may be sealed with a light coating to prevent cavities in the deep fissure and grooves of the teeth.

NEWS CANADA

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Fruit and vegetables can help your family maintain healthy smiles. ISTOCKPHOTO/THINKSTOCK

Foods for a beautiful smile

TERESA CHIYKOWSKI
For Metro

For years we have been told which foods are bad for our teeth. Yes, we get it, sugar causes cavities. Beware of soft drinks, alcohol and candy.

Enough talk about what we shouldn't eat, let's talk about some foods that promote good oral health.

Cheese please: Cheese has a high calcium and phosphate content that provides important benefits for your healthy teeth. It helps balance your mouth's pH, preserves and rebuilds tooth enamel, produces saliva, and kills the bacteria that cause cavities and gum disease.

Pass the fruit: Fruit such as apples, strawberries, citrus fruits, contain a lot of vitamin C. It is considered the cement that holds all of your cells together, so just as it's vital for your skin, it's important for the health of your gum tissue.

Eat your vegetables: Broccoli, carrots, sweet potato and pumpkin are rich in vitamin A from which tooth enamel forms. If you eat them raw you will get more vitamin A, as well as clean your teeth and massage your gums.

Seriously, raw onion?: Not great for your breath but they do contain powerful antibacterial sulphur compounds that kill various types of bacteria. Research has also indicated that they are most powerful when eaten freshly peeled and raw.

Sugarless gum good for gums: Studies have shown that chewing gum can have an indirect, positive effect on dental hygiene and health. Chewing gum after meals helps to stimulate the production of saliva and overall salivary flow, which helps to wash away and neutralize the acid produced by bacteria in plaque.

Green tea time: It contains polyphenols, antioxidant plant compounds that prevent plaque from adhering to your teeth and help reduce your chances of developing cavities and gum disease. Tea also has potential for reducing bad breath because it inhibits the growth of the bacteria that cause the odour.

Keep the water flowing: When you drink water it also cleanses your mouth, allowing saliva to deposit essential minerals back into the weakened teeth.

It's important to remember that individual diets will vary according to specific needs, including allergies, intolerances and deficiencies.

Protect your teeth when playing sports

Research shows that orofacial injury in sports is prevalent but preventable.

Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding are all high-risk sports.

Dental hygienists see first-hand the impact of injuries to the teeth, gums and jaws as a result of participation in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.

Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1½ to two times greater when a sports mouthguard is not worn during athletic activity.

Mouthguards are a cost-effective investment in protection. The estimated cost to treat a lost front tooth over a lifetime can range from $5,000 to $10,000. The average cost of a custom-fitted sports mouthguard can be as low as $100 or less. The cost of hockey skates and other sports equipment can far exceed that.

For more information, see cdha.ca/mouthguards. Find out if your sports organization requires mandatory mouthguard protection and if it doesn't, ask why?

Most importantly, protect your mouth. See a dental hygienist to get a custom-fitted sports mouthguard and wear it at all games and practices. Sports mouthguards put more bite into injury prevention.

NEWS CANADA

Mouthguards have been proven to protect teeth when taking part in high-risk physical activities. ISTOCKPHOTO/THINKSTOCK

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Check out www.rainbowfoods.ca for specials and flyers.

Find a variety of toothpastes, oral rinses, gums, and candies made with Xylitol at Rainbow Foods!

Dental hygienists have the skills, knowledge and judgment to facilitate early detection of oral health issues. NEWS CANADA

Dental hygienists are the first line of defence

We once believed that the worst outcome of poor dental hygiene was tooth loss, but research clearly links oral health to overall health, so far more is at stake.

The earliest signs of a number of serious health issues are reflected in the teeth, gums and tongue, often long before a diagnosis is made. The eyes may be the windows to the soul, but the mouth is a gateway to the rest of the body.

There are millions of bacteria in the mouth and ignoring oral health routines can lead to inflammation causing these bacteria to grow and spread at alarming rates and to find their way into the bloodstream.

Unchecked plaque on your teeth can result in gingivitis, periodontal disease and tooth decay. Research suggests that periodontal disease is a risk factor contributing to serious life-threatening illnesses such as lung and heart disease, stroke and diabetes.

Dental hygienists have the skills, knowledge and judgment to facilitate early detection of these issues.

At a dental visit your hygienist will assess your health history, examine your head and neck and check your mouth. Together, you will develop an oral hygiene care plan that includes prevention and treatment therapies to ensure the best overall health possible.

If necessary, your dental hygienist may refer you to other health-care professionals.

You can't afford to wait. Periodontal disease can be prevented and controlled, thereby decreasing your chances of other serious illnesses.

NEWS CANADA

Oral cancers can be treated if caught

Oral cancer is the 13th most common and fastest growing type of cancer, particularly for younger Canadians. Smoking, drinking, sun exposure of the lips and HPV are all risk factors in developing oral cancer. Here is what to watch for:

- Red or white patches in the mouth
- Lump or thickening of tissue in the mouth, neck or face
- Sores in the mouth that bleed or do not heal within 14 days
- Numbness in face or mouth
- Wart-like masses inside the mouth
- Pain or difficulty swallowing, speaking, chewing or moving the jaw or tongue
- Hoarse throat that lasts for a long period of time

Most cancers of the mouth can be treated if caught in time, and oral cancers are easily detected by dental hygienists who are familiar with the signs and symptoms.

Reduce your risk — maintain regular dental hygiene appointments, and at your next visit request an oral cancer screening.

NEWS CANADA

WHY ARE REGULAR DENTAL VISITS IMPORTANT?

- To prevent Gum Disease
- Early detection of disease
- To prevent and get screened for oral cancer
- To help maintain good overall health
- Improvement in appearance
- Lower risk of heart disease

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www.viewmountdental.com

Dr. Berger
301-1637 Woodroffe Ave.
www.drberger.ca

Cityview Family Dental Centre
306-1580 Merivale Rd.
www.cityviewfamilydental.ca

Hog's Back Dental Centre
201-1390 Prince of Wales Dr.
www.hogsbackdental.ca

Dr. Chander
423-2249 Carling Avenue
www.greatsmile.com

Dr. Fukumoto & Dr. Tanaka
250 Greenbank Rd.

St. Joseph Orléans Dental Centre
2446 St. Joseph Boulevard
www.dentisteorleans.ca

Bearbrook Dental Centre
2559 Innes Road
www.bearbrookdental.ca

AND THEN THERE WAS ONE.

Ontario is now the last province in Canada where dental assistants are not a regulated health profession. This means that dentists can hire people without formal education to do the work of dental assistants. Dental assistants take radiographs, are responsible for infection control and may perform other intra-oral duties.

The Ontario Dental Assistants Association (ODAA), the certifying body for Ontario dental assistants feels this is a matter of public safety. Dental patients have the right to know that everyone working in a dental office is educated and formally trained.

We believe that regulations will happen for Ontario dental assistants one day. Until then, to protect your family, ask if ODAA-certified dental assistants are working in your dentist's office. At least, that's one good reason to smile.

A message from the Ontario Dental Assistants Association, the certifying body for Ontario Dental Assistants for over 40 years.

869 Dundas Street, London, Ontario N5W 2Z8

A baby's first teeth are crucial to healthy adult teeth. RYAN MCVAY/LIFESIZE/THINKSTOCK

Early lessons can take a bite out of later problems

Baby's first teeth are crucial to healthy adult teeth, so be aware that early childhood cavities can lead to much bigger oral health issues later in life.

We don't usually associate cavities or gum disease with infants, but, in reality, oral diseases can begin very early. For example, early childhood caries is a form of severe tooth decay in the primary (baby) teeth of children from birth to age three. It affects more than 10 per cent of preschool-aged children in Canada, but parents can reduce the risk by following these simple care tips with your little one:

- Be a good role model. Keep your own teeth and gums healthy.
- Wipe baby's mouth and gums with a clean, wet cloth or piece of gauze after feeding.
- Gently clean newly erupted teeth with a small, soft toothbrush.
- Avoid fruit punches and other sweetened drinks in baby bottles, especially before bed.
- Reduce the frequency of nighttime feedings.
- Use only pacifiers with an orthodontic design, and don't dip it in sugary substances.
- Avoid transfer of your saliva onto items used by baby, including bottles, cups, pacifiers. Bacteria spreads.
- Rinse baby's mouth with clear water immediately after any liquid medication is given.
- Check for early warning signs by lifting up baby's top lip. White, chalky teeth or brown or black stained teeth indicate a problem. Contact your dental professional immediately.
- Gradually introduce fresh fruits and vegetables to the diet. These foods, which require chewing, stimulate saliva flow and help to neutralize acids.
- Begin regular dental visits by age one.

More tips and information about oral health care are available at cdha.ca.

NEWS CANADA

Look for the seal

- From toothbrushes to mouthwashes, oral care products bearing the Canadian Dental Association (CDA) Seal of Recognition have been reviewed by the CDA and have demonstrated specific oral health benefits. For a list of oral health products recognized by the CDA, visit cda-adc.ca.

5 green decorating solutions

Spring home projects don't have to mean increasing the toxic load on the planet or in your abode. We've rounded up some sensible tools and eco-friendly products with less negative impact on the health of your home and the planet.

LINDA LABAN
Metro World News

Choose an eco-conscious brand

Choosing paint colours and wallpapers is the fun part of room makeovers. But unwrap a roll of wallpaper or uncap a can of paint, and the room is filled with obnoxious ink fumes. Farrow & Ball crafts its non-acrylic paints with more natural ingredients and extremely low VOCs (volatile organic compounds). Their wallpapers use eco-friendly FSC-approved paper and are printed with Farrow & Ball's own low VOC water-based paint. Utilizing more water-based, rather than oil-based, paints benefits the environment both in production

Opt for sustainable wood

Work on your projects with the ultra-stylish Areaware Wood Tool Set. It's made from sustainable harvested new growth beech wood and includes a level, 36-inch folding ruler, LED flashlight and screwdriver with interchangeable flat and Phillips heads.

Stop tossing your paintbrushes

Every year, in North America alone, more than 500 million used paintbrushes end up in landfills. Usually, the only part that needs replacing is the bristles. Kwick Clean and Green Envirobrush is the forever brush. Its replaceable bristle head means also avoiding brush-cleaning solvents and allows for easy mid-job paint colour changeover.

Find smart solutions

Take the drama out of painting with Mixing Mate. This nifty paint-can lid makes mixing paint easy via a turbine operated with a simple crank. It virtually eliminates drips and spills, and provides easy storage for unused paint. Less mess means less cleanup, which means less water consumption and less paint in the water supply. And fewer messy stir sticks in the landfill.

Add a new colour, not chemicals

Prepping your walls for a new coat of paint with chemical solvents means introducing notoriously toxic substances into your home and the environment. Chemical's Soy Gel Paint and Urethane Remover is an effective, nontoxic, odour-free alternative for removing old paint from walls and varnish from wood floors. It's also harmless to skin and because there are no toxic fumes, it's safe to use indoors. The soy-based product removes paints, urethanes, acrylics, epoxies and enamels, and is ideal for lead-based paints. And its thick gel consistency prevents lead from escaping into

METRO CUSTOM PUBLISHING

THE REAL ESTATE EDGE
BY MARNIE BENNETT

WHEN DIVORCE ROCKS THE MATRIMONIAL HOME

We've all heard of people who stay in an unhappy marriage for the sake of the kids. But what about staying married for the sake of the house? It may sound crazy, but many of us have deep rooted attachments to our homes.

The latest Canadian study shows that 40 per cent of first marriages end in divorce. That's a lot of people facing the same tough decisions about what to do with the "matrimonial home." Some can afford to stay in the same dwelling, but sadly, many cannot.

Should you find yourself in one of these unfortunate, yet ever so common, situations, here is what you need to know. In Ontario, the Family Law Act states that the full value of the matrimonial home should be divided equally between you and your ex. It doesn't matter whether one of you bought the home prior to your marriage, whether it was left to one of you in a will, or whether only one name is on the title. The only exception to this 50/50 split occurs when a pre-nuptial agreement exists, or when the court finds unusual circumstances that make such a split unfair.

Remember that talking to a professional is the best decision you can make for yourself and your family.

Selling the home to a third party is often the best scenario from both a financial and an emotional perspective. By the same token, it can be difficult. A good real estate professional will guide you through this process with minimal discomfort and help serve as an objective voice.

Do you have a real estate question?
Join our online Q&A by visiting
www.ottawarealestateedge.com and get
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OTTAWAREALESTATEEDGE.COM

New ways to decorate your wall space

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I often hear people say living in a small space doesn't allow for much decorating, and how accessories take up too much room. I remind them they don't need to rely on tabletops and floor space to display their wares, but to look vertically at the walls. Walls are probably the largest surface we have and there are many ways to dress them up with more than just flat art and mirrors.

Not since the Ikea floating display shelf have we seen such interesting inventions to add pizzazz to our vertical space. Dressing up the walls can be as simple as colour locking certain areas with some paint or creating a feature wall with a collection of artwork. If you are looking for an immediate, easy way to dress the walls, here's a few on-trend products that add a special touch.

Urbio system

It's vertical, modular, magnetic and flexible. Hang system panels on the wall, then attach individual containers using magnets. Useful for a wall of green, art supplies or whatever you want to display. From $75, eq3.com.

Learn to write chalkboard

Finally a way to write on the walls without getting in trouble. Leave messages, make lists or practise your ABC's. Stick on, erasable chalk boards uses any chalk. Easy to install by just peeling and sticking and reposition when you want to move them. $20 for four peel and stick panel decals, wallpops.com.

Wall mounted teardrop vase

This handblown chemistry lab borosilicate beaker glass in a teardrop shape hangs via a cut and polished opening. One can be hung beside the guest bed and another in the shower. These guys add charm wherever they go. $5, cb2.com.

Architect wall flats

Get the look of a cool hotel lobby lounge wall by adding depth and dimension to your walls with paintable panels. Hide rough walls or outdated panelling, leave them white or paint them to match a colour in your space. $115 for 10 panels, urbanmode.com.

GRUNDTAL wall system

A simple rod and attachments can be useful anywhere; from the home office to the bath to the kitchen. Stylish stainless steel adds a rich modern look to very affordable display storage. $8 to $25 per piece, ikea.com.

DEALING WITH TENANT BOARD DECISIONS

THINKSTOCK

After a Landlord and Tenant board hearing, if you think that there is an error in the order, or you were not given the opportunity to participate (e.g. the applicant didn't make you aware of the application as they were supposed to), you may have some options available to you.

Depending on your situation, you might be able to file a motion to set it aside; request an amendment because of a clerical error; request a review because of a serious error; or appeal the decision to the courts because of a legal error.

If you want to know more about how these processes work, you should contact the board. If you want to know which of these processes is appropriate for your specific situation, you must get legal advice. You can find a list of website links to other organizations that provide information to landlords and tenants and may offer legal assistance.

In most cases, the Residential Tenancies Act requires an applicant to give the respondent a copy of the application and a copy of the Notice of Hearing. However, in some cases, the Act allows an application to be made ex parte – which means a decision is made without giving any notice of the application to the respondent and without holding a hearing. This means that the respondent will not be aware that an application has been made until after they get a copy of the order from the Board.

An ex parte order can be issued if an application has been made for one of the following three reasons:

1 The tenant has given a notice to terminate or has agreed to move out, or

2 An order or a mediated agreement allowed the landlord to file an ex parte application, if the tenant did not follow specified conditions, or

3 A tenant filed a motion to void an eviction order for non-payment of rent because they made the required payment before the landlord could go to the Sheriff.

If there is a problem with the order, (e.g. the tenant says they did follow the conditions in their mediated agreement), the tenant (for reasons 1 and 2) or the landlord (for reason 3) may file a set aside motion. The set aside motion must be filed within 10 days of the date the ex parte order was issued.

The Board will hold a hearing to consider the motion. Orders issued by the Board are legally binding decisions - they must be obeyed. If one person is ordered to pay the other person money and they do not, then the person who is owed the money can file the order with Small Claims Court to have it enforced.

Orders issued by the Board are legally binding decisions – they must be obeyed. If the tenant is ordered to leave by a specific date and has not, then the landlord can file the eviction order at the Court Enforcement Office, pay the applicable fee, and ask the Sheriff to remove the tenant from the unit.

The Sheriff will usually give the tenant a notice that tells them the date they will come to the unit to evict the tenant. If the tenant has not moved out by that date, the Sheriff will go to the unit and remove the tenant from the unit. The locks on the unit can then be changed.

Only the Sheriff can evict a tenant who does not leave a unit as directed by an eviction order issued by the Board.

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Orange Ginger Sauce: Make broccoli lovers of your family

If you believe everything you read on the Internet, coconut oil is a panacea, recommended for everything from frying your chicken to shaving your legs.

Its proponents say it relieves stress, promotes increased immunity, metabolism and weight loss, fights viruses, Alzheimer's disease, kidney problems, heart disease, high blood pressure and much more.

But coconut oil is more than 90 per cent saturated fat, or about 11.8 grams per 15 millilitres, compared to about 63 per cent or 7.2 grams for the same amount of butter. And saturated fat is generally considered to be a "bad" fat that increases overall cholesterol levels.

The reason this doesn't apply to coconut oil, say supporters, is that about half the saturated fat in the oil is medium-chain fatty acids, which are easier to digest than the more prevalent long-chain fatty acids in most other oils.

While the scientific community doesn't disagree, it urges caution. Everybody from the World Health Organization to the American Heart Association and Dietitians of Canada advise limiting the consumption of significant amounts of coconut oil due to its high saturated fat content.

Jackie Sarginson of Quesnel, B.C., is a firm believer in the benefits of coconut oil. She is one of the owners of T.T. Ultimate Products, the Canadian distributor of a high-end line of coconut oil called Tropical Traditions.

All coconut oil comes in the form of a white solid and looks much like shortening. Stored at room temperature, it will last for years.

Broccoli or Green Beans With Orange Ginger Sauce

1. Blanch veg in boiling salted water 4 minutes. Drain.

2. Meanwhile, in a food processor combine remaining ingredients and process, scraping down sides as needed, until dressing is smooth.

3. If broccoli or beans still hot, toss with sauce and serve immediately. If vegetables have cooled too much and warm sauce is preferred, vegetables and sauce can be sautéed in a pan over medium heat 2 minutes before serving.

THE CANADIAN PRESS/ RECIPE COURTESY OF JACKIE SARGINSON OF T.T. UL-

This recipe serves four. THE CANADIAN PRESS H/O

Ingredients

- 1 bunch broccoli, cut into florets, or 750 ml (3 cups) green beans, sliced diagonally into pieces
- 15 ml (1 tbsp) virgin coconut oil
- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) orange zest
- 45 ml (3 tbsp) orange juice
- 1 medium garlic clove, peeled and chopped
- 1 small piece fresh ginger root, peeled and chopped
- 1 ml (1/4 tsp) Himalayan salt

MAKE YOUR SWEETS EVEN SWEETER.
SERVE UP MOSCATO WITH SOMEONE SPECIAL.
Find more fresh ideas at LCBO.com or visit us in-store.

THINK FRESH THIS SPRING
DISCOVER LCBO THE WORLD

Dessert. Lemon Cookies

1. In bowl, use electric mixer to beat butter until light and fluffy. Add 1/2 cup of powdered sugar, beat well. Add salt, lemon zest and vanilla and beat until creamy. Add food colouring, if using. A little at a time, beat in the flour just until mixed.

2. Add nuts, using a silicone spatula to stir in. Place dough in a small bowl and chill 30 to 60 minutes.

3. Meanwhile, heat the oven to 375 F. Line a baking sheet with parchment paper. Place the remaining 1 cup of powdered sugar in a medium bowl.

4. Once dough chills, divide into 1/2-inch balls. Arrange on prepared baking sheet, leaving 1 inch between them. Bake on centre rack 12 minutes, or until the cookies are set on top and lightly golden on bottom.

5. Let cookies cool 3 minutes on cookie sheet. A few at a time, place in bowl of powdered sugar and toss gently to coat well. Transfer coated cookies to a rack to cool completely. Once cool, repeat coating process with the bowl of sugar. THE ASSOCIATED PRESS/ ELIZABETH KARMEL,

Ingredients

- 1 cup (2 sticks) unsalted butter, softened
- 1 1/2 cups powdered sugar, sifted, divided
- 1/4 tsp fine-grain salt
- Zest of 1 very large or 2 small lemons
- 1 1/2 tsp vanilla extract
- 1 drop yellow food coloring (optional)
- 1 1/2 cups all-purpose flour
- 1 cup lightly toasted pecans, finely chopped in a food processor or nut chopper

Spiced Pork offers exotic taste

Escape to the exotic with easy to prepare Indian Spiced Pork with Peach and Mint Chutney recipe. Ideal for a weeknight family dinner, it can easily be doubled for entertaining.

1. Drain peaches and reserve juice.

2. Heat oil in a medium saucepan over medium-low heat. Add onion, red pepper, jalapeno, ginger, garlic and cinnamon stick. Stir just until onion softens, 2 to 3 minutes.

3. Add vinegar, brown sugar, 1/4 cup (50 ml) peach juice and chopped peaches. Bring to a boil, reduce heat and simmer stirring until mixture thickens, 5 to 7 minutes. Remove from heat and cool. Once cool, stir in mint

4. Preheat oven to 400 F (200 C). Sprinkle pork all over with garam masala and salt. Place in small roasting pan and roast uncovered for about 25 minutes.

Ingredients

- 1 (14 oz/398 ml) can California Cling Peach halves in fruit juice from concentrate, coarsely chopped
- 1 tbsp (15 ml) vegetable oil
- 1/4 cup (50 ml) each diced onion and red pepper
- 1 small jalapeno, seeded and minced
- 2 tsp (10 ml) peeled finely grated fresh ginger
- 1 garlic clove, minced
- 1 cinnamon stick
- 1/4 cup (50 ml) cider vinegar
- 1/4 cup (50 ml) brown sugar
- 1/4 cup (50 ml) coarsely chopped fresh mint
- 1 pork tenderloin, about 1 lb (500 g)
- 2 tsp (10 ml) garam masala (a blend of Indian spices available in the spice section of most supermarkets)
- Salt to taste

Wrapping up a burst of flavours

"If you make extras to take for lunch the next day," writes Meghan Telpner of these Veggie Rice Wraps in her book UnDiet, "store in an airtight container with a slightly damp cloth or paper towel to help keep the rice wraps moist."

1. Soak one piece of rice paper in warm water until soft. Carefully remove, allow excess water to drain, and lay out on flat surface.

2. Arrange veggies in a row along centre of rice paper. Add greens last (and eggs, if using). On first few attempts, fewer veggies will be easier to roll.

3. Leave about 1-inch (4 cm) at both ends and carefully roll the wrap up, leaving long edges open. You'll take care of those with the second piece of rice paper.

4. Soak and drain a second piece of rice paper, and lay out on flat surface.

5. Place roll along centre of second piece of rice paper, folding end edges in first and then roll in remaining sides.

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Ingredients

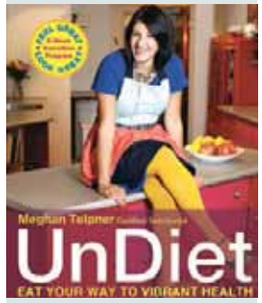
- 8 sheets rice paper
- 1 avocado, peeled and sliced lengthwise
- 1 carrot, grated
- 1/2 red bell pepper, sliced lengthwise
- 1/2 red apple, peeled and sliced into matchsticks
- 4 inches (10 cm) cucumber, sliced into long strips
- 1 (250 ml) cup baby spinach
- 1/4 cup (50 ml) cabbage, shredded
- 4 sprigs cilantro
- 2 organic eggs, whisked in a bowl, cooked as an omelet, then sliced into thin strips (optional)

Veggie Rice Wraps

This recipe serves 4 as a side or 2 as a meal. CATHERINE FARQUHARSON

Cookbook of the Week

Tasty way to health



Forget those diets that never work and get healthy with the help of Meghan Telpner's book UnDiet.

Not only does it feature practical nutrition information, a complete eight-week transition program, lifestyle advice from experts and a comprehensive meal plan, but also 40 easy and delectable gluten-free recipes.

Among the recipes in UnDiet are Bean and Vegetable Burgers, Lemon Lentil Vegetable Soup, Orange-Zest Infused Stew, Almond Power Cookies, Sun-Dried Tomato and Bean Hummus, and more. **METRO**

Healthy Dessert. Super Berry Fruit Crumble

This recipe serves eight. CATHERINE FARQUHARSON

1. Preheat oven to 350 F (180 C).

2. Mix fruit, raw honey and arrowroot, and spread into an 11- x 9-inch (2.5 L) glass baking dish. Flatten mixture with a spatula, making sure it is evenly spread.

3. In a medium mixing bowl, combine all topping ingredients, then crumble evenly over fruit mixture. If fruit doesn't look completely covered, add additional flour, almonds, or oats until surface is covered.

4. Bake for 45 minutes, or until lightly browned and bubbling.

Ingredients

Fruit Bottom
- 2 cups (500 ml) blueberries
- 2 cups (500 ml) strawberries, quartered
- 2 cups (500 ml) apple, cut into 1/2-inch (1.5-cm) cubes
- 1/2 cup (125 ml) raw honey
- 1 tbsp (15 ml) arrowroot starch

Crumble Topping
- 2/3 cup (150 ml) brown rice flour
- 2/3 cup (150 ml) rolled oats
- 1/2 cup (125 ml) cup sliced almonds
- 1/2 cup (125 ml) raw honey
- 1/4 cup (50 ml) coconut oil
- 3/4 tsp (4 ml) cinnamon
- 1/2 tsp (2 ml) allspice

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Checkmate: Sens land Conacher with Bishop

NHL. GM Murray uses depth goalie to land surprising rookie, who instantly becomes Ottawa's leading scorer

Cory Conacher, acquired by the Senators from the Lightning on Wednesday, has nine goals and 15 assists in his rookie season. MARIANNE HELM/GETTY IMAGES

Senators general manager Bryan Murray made just one trade at Wednesday's trade deadline, but it was significant.

Ottawa traded goaltender Ben Bishop to the Tampa Bay Lightning in exchange for rookie forward Cory Conacher and a fourth-round draft pick.

The 23-year-old Conacher has nine goals and 15 assists in 35 games this season for the Lightning.

Ottawa has struggled to score goals due to injuries to Jason Spezza and Erik Karlsson and are 24th in the league, averaging 2.42 goals-a-game.

Conacher's 24 points make him the Senators' leading scorer as well as leading goal-scorer.

"If we need anything we need a point-getter," said Murray. "I think he addresses one of those needs at least."

With three goaltenders on the roster Murray felt a move was necessary. In addition to Bishop the Senators have Craig Anderson, who is ready to return from a high ankle sprain, and Robin Lehner at their disposal.

Murray wasn't interested in carrying three goaltenders and didn't feel it would be fair to assign Lehner, who is on a two-way contract, to the AHL considering how well he has played.

Quoted

"I've developed some great friendships with the guys on this team and obviously it's a playoff team, but on the other side I'm very excited to go to Tampa."

Goalie Ben Bishop, who the Senators traded to the Tampa Bay Lightning on Wednesday.

"(Lehner) has earned his right to play in the NHL and to earn NHL money," said Murray. "He's more than ready and put his time in and I felt it wouldn't serve him any purpose in doing that."

Murray also felt Bishop had been a "great foot soldier" and deserved a chance to play.

Bishop posted an 8-5 record, a 2.45 goals-against-average and a .922 save percentage in 13 games.

Bishop was acquired by the Senators last season just prior to the trade deadline after Anderson cut his hand.

"Ben came in here and saved us last year," said Murray. "We think he's an NHL goaltender that will have a good record going forward, but to be fair to him with Robin Lehner on the way up here and Anderson ready to go again we just felt it was unfair to one of them. This helps him I hope and it helps us."

THE CANADIAN PRESS

Ben Bishop, sent to Tampa Bay Wednesday, played well for the Senators, but Ottawa GM Bryan Murray felt a goalie was expendable with Craig Anderson and Robin Lehner both ready to play. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Blue Jackets go all-in at trade deadline

Marian Gaborik GETTY IMAGES

Columbus Blue Jackets rookie general manager Jarmo Kekalainen made an unexpected splash Wednesday at the NHL trade deadline.

The Finnish-born Kekalainen — the NHL's first European general manager — acquired sniper Marian Gaborik from the New York Rangers prior to the 3 p.m. deadline. It was a bold move for a GM whose club is 11th in the Western Conference but just one point behind eighth-place St. Louis.

"Throughout this process our focus was to add a player who could provide a boost to our offence, improve our goal scoring and power play, and we identified Marian Gaborik as the player we wanted," Kekalainen said. "He has been an elite goal scorer in this league for many years and we are very excited to have him."

Columbus also received defencemen Blake Parlett and Steve Delisle from the Rangers for forwards Derick Brassard and Derek Dorsett, defenceman John Moore and a 2014 sixth-round pick.

THE CANADIAN PRESS

Elsewhere on Tuesday

- The Buffalo Sabres traded Jason Pominville to Minnesota. The Wild sent prospects Johan Larsson and Matt Hackett plus a first-rounder in 2013 and a second-rounder pick in 2014 to the Sabres for Pominville and a 2014 fourth-rounder.
- The Toronto Maple Leafs acquired defenceman Ryan O'Byrne from the Colorado Avalanche for a fourth-rounder.
- The Pittsburgh Penguins added Jussi Jokinen from the Carolina Hurricanes for a conditional sixth- or seventh-rounder in 2013.
- The San Jose Sharks added forward Raffi Torres from Phoenix and Scott Hannan from Nashville for picks.

Sarah Vaillancourt rescues her injury-plagued hockey career

Sarah Vaillancourt chases Team USA defenceman Megan Bozek during Canada's 3-2 shootout win on Tuesday in Ottawa. Just a few weeks ago, after a run of injuries and three surgeries in two years, Vaillancourt thought her hockey career was over. She even contemplated retirement.
ADRIAN WYLD/THE CANADIAN PRESS

Women's world hockey championships. Sherbrooke, Que. native involved in both of Canada's third-period goals in win over U.S.

Sarah Vaillancourt thought her hockey career was over just a few weeks ago.

The two-time Olympic gold medallist made a tearful call in January to parents Robert and Monique, who were spending the winter in Florida. A run of injuries and three surgeries in two years had Vaillancourt contemplating retirement.

The 27-year-old from Sherbrooke, Que., had just started skating and training again following her most recent surgery in November for a sports hernia. She was sore and her progress felt like one step up and two steps back.

"I called my dad and said, 'You know what? I think this is it.' I was crying," Vaillancourt says. "My dad said, 'Sarah, give yourself two weeks and see because you don't want to have any regrets.'"

Vaillancourt played her first hockey game in over a year March 1 with the CWHL's Montreal Stars. Given her lack of games over the last two seasons and the stiff competition for jobs on Canada's national team, it's surprising head coach Dan Church named Vaillancourt to his 2013 world championship roster. Church gave Vaillancourt latitude because of her game of skill and sandpaper, plus a decade's worth of international experience.

"She can put the puck in the net, she's a right-handed shot. She can play power play and penalty kill," Church explains. "That's a skill set I think is valuable to us and something we're going to need here in Ottawa."

Vaillancourt was involved in both of Canada's third-period goals that sent Tuesday's tournament opener versus the U.S. into a shootout. Canada went on to win it 3-2. Rebecca Johnston scored on a rebound sequence that started with a Vaillancourt shot from close range. Vaillancourt put the puck on net for a Haley Irwin deflection, but Catherine Ward finished the play for the second goal.

"I had to adapt to the tempo," Vaillancourt said. "I felt I gained momentum and started throwing my body out there and I think that's what I have to keep doing." THE CANADIAN PRESS

Quoted

"She's got a lot of skill and talent, but she also plays a real tough game. She's the type of player you want on your team."

Dan Church, head coach for Team Canada, on Sarah Vaillancourt

Game-time decisions

Team Canada injury trouble

Captain Hayley Wickenheiser and assistant captain Caroline Ouellette did not play in Canada's game against Switzerland at the women's world hockey championship Wednesday because of upper-body injuries.

Head coach Dan Church said their status was day to day. He made the decision to scratch the forwards from the lineup prior to the game.

Wickenheiser skated to the bench and walked to the locker-room in the second period of Canada's 3-2 shootout win over the United States on Tuesday night. The Canadian team's all-time leading scorer did not return or speak to reporters following the game.

"It's not something that's completely debilitating," Church said after his team's pre-game skate Wednesday.

Go to metronews.ca for Wednesday's game results.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	16	.784	—
x-New York	48	26	.649	10
x-Indiana	48	27	.640	10½
x-Brooklyn	43	31	.581	15
x-Atlanta	42	34	.553	17
x-Chicago	40	33	.548	17½
Boston	38	36	.514	20
Milwaukee	36	37	.493	21½
Philadelphia	30	44	.405	28
Washington	28	47	.373	30½
Toronto	28	47	.373	30½
Detroit	25	50	.333	33½
Cleveland	22	52	.297	36
Orlando	19	56	.253	39½
Charlotte	18	57	.240	40½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	19	.743	—
x-Oklahoma City	54	20	.730	1
x-Denver	50	24	.676	5
x-L.A. Clippers	49	26	.653	6½
x-Memphis	50	24	.676	5
Golden State	42	32	.568	13
Houston	41	33	.554	14
Utah	39	36	.520	16½
L.A. Lakers	39	36	.520	16½
Dallas	36	38	.486	19
Portland	33	41	.446	22
Minnesota	27	46	.370	27½
Sacramento	27	47	.365	28
New Orleans	26	48	.351	29
Phoenix	23	51	.311	32

x — clinched playoff berth; **z** — clinched conference.

WEDNESDAY'S RESULTS
Toronto 88 Washington 78
Brooklyn 113 Cleveland 95
Charlotte 88 Philadelphia 83
New York 95 Atlanta 82
Detroit at Boston
Minnesota at Milwaukee
Orlando at San Antonio
Denver at Utah
Memphis at Portland
Houston at Sacramento
New Orleans at Golden State
Phoenix at L.A. Clippers

THURSDAY'S GAMES — All Times Eastern
Chicago at Brooklyn, 7 p.m.
Dallas at Denver, 9 p.m.
San Antonio at Oklahoma City, 9:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	37	28	9	0	0	124	88	56
d-Montreal	35	23	7	3	2	111	84	51
d-Winnipeg	38	18	18	0	2	93	115	38
Boston	35	23	8	2	2	100	77	50
Toronto	36	20	12	0	4	112	100	44
Ottawa	36	19	11	2	4	91	79	44
New Jersey	36	15	12	3	6	89	100	39
NY Islanders	37	18	16	3	0	108	115	39
NY Rangers	35	17	15	0	3	82	86	37
Washington	36	17	17	2	0	107	104	36
Carolina	35	16	17	1	1	96	106	34
Buffalo	37	14	17	2	4	98	114	34
Philadelphia	35	15	17	1	2	95	108	33
Tampa Bay	35	15	18	0	2	112	106	32
Florida	37	12	19	5	1	91	127	30

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	35	27	5	0	3	119	76	57
d-Anaheim	36	24	7	2	3	111	90	53
d-Minnesota	35	21	12	1	1	98	90	44
Vancouver	36	19	11	1	5	94	93	44
Los Angeles	36	20	13	1	2	104	91	43
San Jose	35	18	11	3	3	88	86	42
Detroit	36	18	13	3	2	94	94	41
St. Louis	34	18	14	1	1	98	94	38
Nashville	37	15	14	2	6	92	100	38
Edmonton	35	15	13	4	3	91	96	37
Columbus	36	15	14	3	4	87	97	37
Phoenix	36	15	15	2	4	97	102	36
Dallas	35	16	16	2	1	94	107	35
Calgary	34	13	17	1	3	94	118	30
Colorado	36	12	20	3	1	87	114	28

d — division leader. **Note** — division leaders ranked in top three positions per conference regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

WEDNESDAY'S RESULTS
Montreal at Philadelphia
Pittsburgh at NY Rangers
Edmonton at Calgary
Dallas at Anaheim
Minnesota at San Jose

THURSDAY'S GAMES — All Times Eastern
New Jersey at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
NY Islanders at Washington, 7 p.m.
Tampa Bay at Carolina, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Columbus at Nashville, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Edmonton at Vancouver, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	1	0	1.000	—
Boston	1	0	1.000	—
New York	0	1	.000	1
Tampa Bay	0	1	.000	1
Toronto	0	1	.000	1

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	2	0	1.000	—
Cleveland	1	0	1.000	½
Detroit	1	1	.500	1
Minnesota	1	1	.500	1
Kansas City	0	2	.000	2

WEST DIVISION

	W	L	Pct	GB
Seattle	2	0	1.000	—
Los Angeles	1	0	1.000	½
Texas	2	1	.667	½
Houston	1	2	.333	1½
Oakland	0	2	.000	2

WEDNESDAY'S RESULTS
Chicago White Sox 5 Kansas City 2
Texas 4 Houston 0
Minnesota 3 Detroit 2
Boston at N.Y. Yankees
Cleveland at Toronto
Baltimore at Tampa Bay
Seattle at Oakland

THURSDAY'S GAMES — All times Eastern
Detroit (Porcello 0-0) at Minnesota (Pelfrey 0-0), 1:10 p.m.
Kansas City (Guthrie 0-0) at Chicago White Sox (Floyd 0-0), 2:10 p.m.
Baltimore (Gonzalez 0-0) at Tampa Bay (Hernandez 0-0), 3:10 p.m.
Seattle (Maurer 0-0) at Oakland (Griffin 0-0), 3:35 p.m.
Boston (Dempster 0-0) at N.Y. Yankees (Pettitte 0-0), 7:05 p.m.
Cleveland (Myers 0-0) at Toronto (Buehrle 0-0), 7:07 p.m.

NATIONAL LEAGUE

THURSDAY'S GAMES — All times Eastern
L.A. Angels (Blanton 0-0) at Cincinnati (Arroyo 0-0), 12:35 p.m.
Chicago Cubs (Wood 0-0) at Pittsburgh (McDonald 0-0), 12:35 p.m.
San Diego (Stults 0-0) at N.Y. Mets (Gee 0-0), 1:10 p.m.
Miami (Leblanc 0-0) at Washington (Zimmermann 0-0), 4:05 p.m.
Philadelphia (Lee 0-0) at Atlanta (Medlen 0-0), 7:10 p.m.

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Yu Darvish 'nasty' in near-perfect game

MLB. Rangers follow the Japanese star's 14-strikeout start with 4-0 shutout of Astros Wednesday

Texas manager Ron Washington was certainly impressed as he watched Yu Darvish flirt with perfection.

He was even more blown away when he saw a television replay of the Japanese star coming within an out of the second perfect game in Rangers history.

"He was nasty ... his ball was moving all over the place," Washington said.

The celebrated right-hander struck out a career-high 14 in a 7-0 win over the Houston Astros on Tuesday night. He was in complete control before Marwin Gonzalez grounded the first pitch he saw up the middle with two outs in the ninth inning.

Darvish was unable to get his glove down in time and the ball skittered into centre field well beyond a desperate dive by shortstop Elvis Andrus.

A day later, Alexi Ogando and four Texas relievers shut out the Astros again, combining for a five-hitter in the Rangers' 4-0 win over Houston on Wednesday.

Ogando (1-0) allowed four hits with a career-high 10 strikeouts in 6 1-3 innings. The young and inexperienced Astros have struck out 43 times in their first three games.

THE ASSOCIATED PRESS

Quoted

"... His ball was moving all over the place."

Texas manager Ron Washington

Pitcher Yu Darvish is congratulated after pitching a no-hitter into the ninth inning against the Houston Astros Tuesday. CODY DUTY/HOUSTON CHRONICLE/THE ASSOCIATED PRESS

MLB

White Sox win second straight versus Royals

Adam Dunn homered and the Chicago White Sox went deep four times to back a solid start by Jake Peavy in a 5-2 victory over the Kansas City Royals on Wednesday.

Tyler Flowers, Dayan Viciedo and Alexi Ramirez also connected, and the White Sox made it two straight wins to start the season after dropping 12 of 18 to Kansas City a year ago.

The Royals, full of optimism after posting the majors' best record in spring training, will try to avoid a season-opening sweep Thursday.

Peavy (1-0) allowed one earned run and four hits in six innings, striking out six and walking none.

Dunn had two hits and scored twice. He led off the second with his 407th home run — tying Duke Snider for 48th place on the career list — and Flowers opened the third with his second shot.

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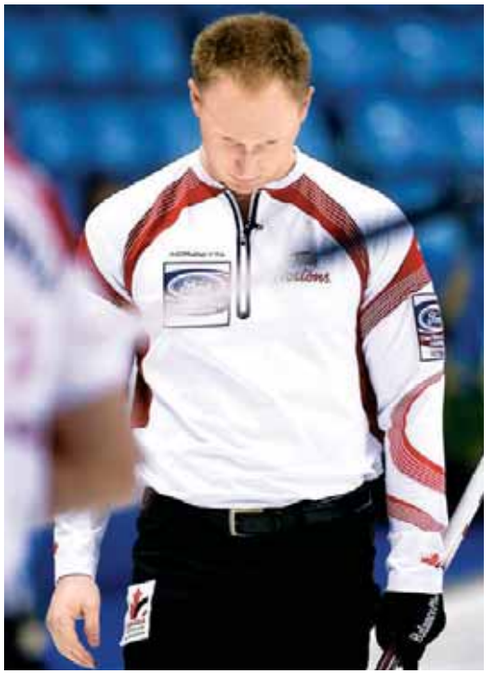


Japan takes out Jacobs

Canadian skip Brad Jacobs reacts to his last shot against Japan during the World Men's Curling Championship in Victoria, B.C., Wednesday. Japan's Yusuke Morozumi upset Jacobs' Northern Ontario rink 10-8 in an extra end. Jacobs had the opportunity to get back in the win column with an evening draw against Russia.

JONATHAN HAYWARD/THE CANADIAN PRESS

NCAA

Rutgers coach fired for abuse

Rutgers basketball coach Mike Rice gave an emotional apology to reporters on Wednesday after his firing.

Rice was asked to leave the team after a video surfaced showing him abusing his own players physically and verbally with homophobic slurs.

"I've let so many people down," he told reporters outside his home in Little Silver, N.J.

Rice said that when he saw the footage three months ago he thought he could work on changing and added he thought he "accomplished a lot of that." But "there's no excuse for it. I was wrong."

Rice said his family was huddled inside the home trying to come to terms with the fact "their father was an embarrassment to them. There's no explanation for what's on those films."

The video shows a couple of minutes of Rice swearing at players during practice and abusing his players physically by shoving them and throwing basketballs at them.

The abuse documented in the video goes back three years.

TORSTAR NEWS SERVICE

Rutgers coach Mike Rice was fired after ESPN released video footage of him physically and verbally abusing his players. MEL EVANS/THE ASSOCIATED PRESS FILE

NCAA. Ware will make trip to Final Four

Injured Louisville guard Kevin Ware will travel to the Final Four on his crutches and expects to be a big presence for the Cardinals.

Cleared by doctors to accompany Louisville to Atlanta, the sophomore told The Associated Press Wednesday that he plans to be a full participant in the team's preparation for Saturday's game against Wichita State. The Cardinals will leave around 7 p.m. for a flight expected to last just over an hour with Ware on it.

Kevin Ware
THE ASSOCIATED PRESS

Ware said the overwhelming support he has received has helped him maintain his spirits and strengthened his confidence in a full recovery. He hopes by next season to be helping the Cardinals defend the national championship he believes they'll win this weekend.

The normally reserved 20-year-old calmly recalled how he felt when he suffered the devastating injury, saying he doesn't think Louisville would be in the Final Four if he had lost his composure.

Ware credits teammate Luke Hancock for calming him down.

"Luke said his words, and I just kept repeating, 'y'all gotta go win this game. I'm fine.' ... It really helped the team."

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be down because you have not accomplished as much as you had planned but there is really no point moaning about it. Just set new targets and get on with your life.

♉ Taurus
April 21 - May 21
You will need to compromise today, especially where money is concerned. It does not matter what your feelings are, it matters only that you reach an agreement with those who hold the purse strings.

♊ Gemini
May 22 - June 21
Be careful what you say over the next 24 hours as the planets warn someone could take your words the wrong way. You know how touchy some people can be and how easy it is to lose friends.

♋ Cancer
June 22 - July 23
Before you do anything else today, remind yourself that you are the boss. If you want to change your plans because your mood has changed that is entirely up to you. Friends and family should know you by now.

♌ Leo
July 24 - Aug. 23
The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months. Don't be afraid to commit yourself to a creative project. You can make it work.

♍ Virgo
Aug. 24 - Sept. 23
Your time is precious, so don't waste it on trivial things and trivial people. You know what you should be doing — you can feel it in your bones — so get on with it. It's all about setting the right priorities.

♎ Libra
Sept. 24 - Oct. 23
You need to have words with someone who has let you down. You need to let them know you are not amused. Don't accept excuses but don't make them feel too bad either. You're still friends after all.

♏ Scorpio
Oct. 24 - Nov. 22
You feel a bit tired after all the comings and goings of the past few days and should treat yourself to a break. Remember the law of diminishing returns: past a certain point, it's futile to work harder.

♐ Sagittarius
Nov. 23 - Dec. 21
If you merely assume that things will turn out right, they may. But they could just as easily go wrong. Ask yourself what you can actually do to ensure the desired result — then do it.

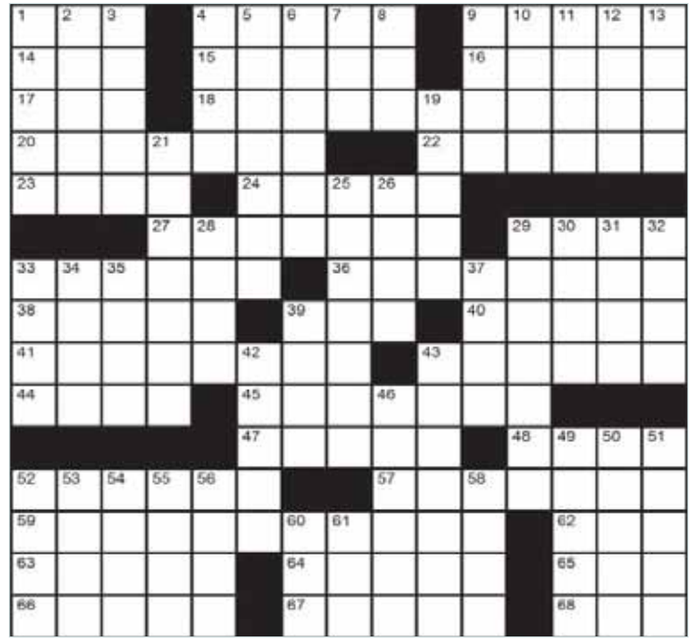
♑ Capricorn
Dec. 22 - Jan. 20
The only thing that can hold you back now is a lack of self-confidence. Others may think you are supremely assured but there is in fact a major doubt nagging away inside you. Deal with it quickly.

♒ Aquarius
Jan. 21 - Feb. 19
Everything you say and do has an effect on other people, even people you don't know personally, so think before you speak and act. On a cosmic level, you are responsible for others as well as yourself.

♓ Pisces
Feb. 20 - March 20
If you want to succeed, you need to be aware not only of areas where you are good but also areas where you are not so good. What are your weaknesses? SALLY BROMPTON

Crossword: Canada Across and Down

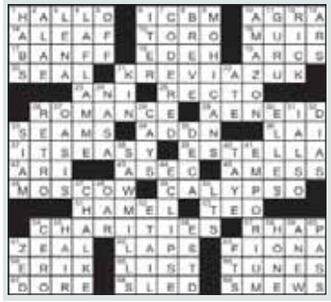
BY KELLY ANN BUCHANAN



Across
1. Tuktoyaktuk locale, for short
4. __ Current, Saskatchewan
9. Superman's father on the planet Krypton, __-__
14. 1988 Poison album: 'Open Up and Say... __!'
15. Chocolate source
16. TV teaser
17. Spirit's sound
18. Michael J. Fox TV role, __ _. __
20. Country singer Ms. Lambert
22. Church: French
23. "Say it __ so!"
24. Pointed arch in architecture
27. Bug
29. Superlative suffix
33. Change the house's topping again
36. Outfit
38. On-the-road reversal
39. Surgery sites, for short
40. Cook's garb
41. Shakespearean tragedy, Troilus and __
43. Soldiers
44. Larry __ (Tony's original portrayer on Broadway in West Side Story)
45. Negations
47. Bar, legally
48. Dutch cheese
52. Layers combed for fossils
57. Fashion designer, Donatella __
59. Tourist-to-Canada's book: 2 wds.
62. Spelling contest
63. Mysterious
64. Per __ (Yearly)
65. Pen name?
66. Honey drinks
67. Uses the horn
68. Olympian, e.g.

Down
1. One of The Judds
2. "__ __ it?" (Asked at the door)
3. Rose's one-of-some
4. All-in-one printer function
5. "The Muppet Show" hecklers, Statler & __
6. Pleistocene event: 2 wds.
7. All-in-one printer function
8. Shirt
9. PC image file format
10. Spoken
11. Roast: French
12. Namesakes of funnyman Mr. Philips
13. Sole
19. Doesn't discard
21. If everything else fails: 2 wds.
25. Repetitive
26. Some delivery vehicles
28. Particles
29. Puts upon
30. River of Spain
31. Food-like food
32. Some money bills
33. Tip to 'sack' (Backpack)
34. Raison d'__
35. Penitent person
37. "My Name Is __"
39. Poetic pieces
42. Model of perfection
43. Like wrists and ankles for some athletes: 2 wds.
46. Backstage mentor on "American Idol", Jimmy __
49. Part of Fred Flintstone's exclamation!
50. Do well, for instance, on an exam: 2 wds.
51. __ Lake Accord
52. Originate from
53. __-planting ceremony
54. ___ avis (Rare bird, Latin style)
55. Keen
56. Kicker's pegs
58. Sleep stages, commonly
60. Make small talk
61. French article

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	4					6		3
	3	6	4				5	8
7			3	5			9	
			9		8	1	7	
		4		7		8		
	7	8	2		1			
	5			2	9			1
3	1				4	2	6	
8		2					4	7

Yesterday's Sudoku

7	2	9	1	6	5	8	4	3
4	5	3	8	9	7	2	1	6
6	1	8	2	3	4	9	7	5
3	6	1	4	5	9	7	8	2
9	7	2	3	8	1	6	5	4
5	8	4	7	2	6	1	3	9
8	9	7	6	4	3	5	2	1
2	3	6	5	1	8	4	9	7
1	4	5	9	7	2	3	6	8

Today
7°/-2°
Variable

Friday
4°/-5°
Showers
40%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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